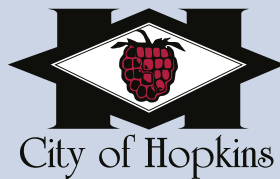


HOPKINS-MINNETONKA RECREATION

2021 FALL PROGRAMS



City of Hopkins



CITY OF
MINNETONKA

REGISTRATION BEGINS

Tuesday, Aug. 10, 8 a.m.

General Recreation Programs

Tuesday, Aug. 17, 8 a.m.

Senior Programs & Ice Skating Lessons

minnetonkamn.gov/register

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GENERAL INFORMATION

Recreation Services Mission Statement

To develop, promote and provide programs and facilities in anticipation of and in response to the recreational needs and interests of the community.

To accomplish our mission, we have established the following goals:

- To provide quality customer service
- To hire and maintain a staff that is professional in their abilities and responsive to the needs of the public
- To be fiscally responsible
- To strengthen our department's identity in the Hopkins-Minnetonka community
- To provide and promote diversified recreational programs, services and facilities that improve one's quality of life

Weather Hotline

Call the weather hotline at 952-939-8355 for information on program or event cancelations. For information about the status of senior programs, call 952-939-8393.

Inclusion Services

The cities of Hopkins and Minnetonka encourage individuals with disabilities to register for general recreation programs. Please call 952-939-8323 at least two weeks prior to the start of the program if inclusion services are needed.

Inclusion staff will work with individuals to determine needs and arrange for the necessary assistance.

Requests received without a two-week notice are not guaranteed, and a parent or caregiver may be required to arrange for their own assistance.

COVID Statement: In order to comply with the social distancing rules established by the CDC and federal government, and to help slow the spread of COVID-19, recreation programs, facilities and events may be modified to offer the safest environment possible for our participants and staff.

Financial Aid: Scholarships

The Richard Wilson Scholarship Fund provides financial aid to Hopkins and Minnetonka residents participating in joint recreation sponsored programs.

Scholarship Information

- Available to Hopkins and Minnetonka residents. Proof of residency will be required.
- Financial assistance provided to children ages 18 and younger.
- Applicants receive \$100 per person annually, expiring at the end of the calendar year.
- Scholarships will be issued within five business days of application submission for eligible applicants.
- Scholarships are contingent upon scholarship fund balance.
- A completed scholarship application and one supporting financial document are required.
- Scholarships are not granted for facility memberships or rentals.
- Applications will remain confidential.
- Contact Recreation Services at 952-939-8203 for an application.





Invest In Our Youngest Residents

Studies show that dynamic, well-designed recreation programs – like those offered by Hopkins-Minnetonka Recreation Services – help young people achieve physical, emotional and social wellness. Organized activities like these play a key role in youth development. And they're a whole lot of fun, too.

We need your support to ensure that our recreation programs remain inclusive and available to all local youth.

Please consider donating to the Richard Wilson Recreation Scholarship Fund. **Give online at minnetonkamn.gov/register, or call 952-939-8203.** Thank you for supporting our youngest residents.

Data Privacy Act/Tennessee Warning

Your name, address, telephone number, and other identifying information are private and cannot be given to the general public. We need this information to enroll you in the program and to be able to contact you if necessary. If you do not provide the information, the participant may not be able to enroll in the requested program. This information will be provided to the coaches and members of any team that you are on and to authorized recreation personnel who have a need to know. This information about a minor is available to both parents, unless the minor requests that it be withheld and provides compelling reasons to support the request.

Community Athletic Organizations

Glen Lake Mighty Mites

Ages 5-12

glmightymites.com

Girls Athletic League (GAL) Softball

Grades K-12

galsoftball.org

Hopkins Area Little League

Ages 4-12

hopkinslitleleague.com

Hopkins Baseball Association

Ages 13-18

hopkinsbaseball.com

Hopkins Girls Basketball Association

Grade 4-8

hopkinsgba.org

Hopkins Girls Fast Pitch Softball

Ages 5-18

hopkinsfastpitch.com

Hopkins Lacrosse Association

Grades 3-8

hopkinslax.org

Hopkins Rugby Club

Grades Pre K-12

hopkinsrugby.com

Hopkins Youth Hockey Association

Grades Pre K-12

hopkinshockey.com

Lake Minnetonka Figure Skating Club

Pre K-12

lmfsc.org

Minnesota Synchronettes (synchronized swimming)

Ages 6-19

mnsynchronettes.org

Minnetonka Baseball Association

Ages 5-18

minnetonkabaseball.org

Minnetonka Big Willow Youth Baseball

Ages 4-12

bigwillowbaseball.com

Minnetonka Girls Softball Association

Grade K-12

tonkasoftball.org

Minnetonka Lacrosse Association

Ages 14-18

mtkalax.org

Minnetonka Youth Hockey Association

Ages Pre K-12

tonkahockey.org

Plymouth/Wayzata Youth Baseball Association

Ages 6-18

pwyba.com

Plymouth/Wayzata Youth Softball Association

Grades K-12

pwysa.com

Tonka United Soccer

Pre K-12

tonkaunited.org

REGISTRATION

Fall 2021 Registration

Tuesday, Aug. 10, 8 a.m.

General Recreation Programs

Tuesday, Aug. 17, 8 a.m.

Senior Programs & Ice Skating Lessons

Online

Access the online registration system at **minnetonkamn.gov/register**.

Log in with your username and password or create an account if you don't already have one. All Williston members have an account. Call for your login information prior to registration day, if needed.



Create Account

- Go to **minnetonkamn.gov/register**
- Select "Create an Account"
- Enter all required information (all family members, contact information and birthdates must be entered - make sure birthdate year is correct)

Phone

Phone Registrations

8 a.m. - 4:30 p.m., Monday - Friday:

Recreation:	952-939-8203
Senior Programs:	952-939-8393
Ice Skating Lessons:	952-939-8310

In Person

- Recreation Services,
14600 Minnetonka Blvd., Minnetonka
- Senior Services, Minnetonka Community Center*,
14600 Minnetonka Blvd., Minnetonka
- Williston Fitness Center*,
14509 Minnetonka Dr., Minnetonka
- Ice Arena*, 3401 Williston Rd., Minnetonka

*Senior Services, Williston Center and Ice Arena staff can take in-person registrations for programs specific to their facilities.

Payment

Payment must be made at the time of registration by cash, check or Visa, MasterCard or Discover card.

Program Withdrawal and Refund Policy

- Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.
- Refunds are granted when a program is canceled due to low enrollment.
- No refund is granted for a single class canceled due to circumstances beyond the city's control (i.e. power outages, weather, etc.).
- Partial refunds after the start of the program are only considered if injury or serious illness occurs and must be approved by the program manager. A physician's verification may be required.
- Refunds can take up to three weeks to process.

Photo Policy

Photographs and video are occasionally taken of participants while they are in programs, special events, city facilities, or enjoying parks. Please be aware that these photos may be published by the City of Minnetonka.

Liability Waiver

In consideration of entry into a program(s), I state and affirm that participation in the program(s) is voluntary. I understand that the program(s) are not an essential service provided by the city; that certain risks are inherent and that these risks, anticipated or unanticipated, may result in injury or damage to persons and/or property. I hereby assume all risks in connection with the program(s); agree to hold the city or anyone acting on behalf of the city harmless and waive any right to make claims or bring lawsuits for any injury or damages related to the alleged negligence of the city. This waiver does not apply to any injuries or damages that are a result of willful, wanton or intentional misconduct by the city or anyone acting on behalf of the city.

COMMUNITY EVENTS



Pick up fresh produce, meats, breads, treats, flowers and more through Sept. 28.

**Tuesdays, Now-Sept. 28
3-7 p.m.**

Minnetonka Civic Center Campus
Ice Arena B Parking Lot

For more information and to receive weekly farmers market updates visit: minnetonkamn.gov/farmersmarket.



WINTER FARMERS MARKET



Stroll through the winter market for local foods, crafts and gifts from 45 local vendors, plus live music and free kids activities.



**Saturday, Nov. 13, Dec. 4, Jan. 8,
Feb. 12, March 12
9 a.m.-1 p.m.**

Minnetonka Community Center (indoors)
14600 Minnetonka Blvd.

For more information or to become a vendor, visit minnetonkamn.gov/farmersmarket, or email farmersmarket@minnetonkamn.gov.



Grand Opening! Lone Lake Park Multi-Use Mountain Bike Trail

Celebrate Minnetonka's newest trail!

Saturday, Sept. 11

3 p.m.

**Lone Lake Park, main trailhead
5624 Shady Oak Road**

- 3:15 p.m. Ribbon Cutting Ceremony
- 3:30 p.m. Inaugural Group Ride/Run/Hike
- Refreshments and snacks to follow!

minnetonkamn.gov/LLP-MBT

BURWELL Spooktacular

Wear your best costume and have a spooktacularly good time at this FREE fall event!



- Spooky scavenger hunt
- Live performers
- Crafts
- Fire department inflatable slide
- Fire pits
- Burwell House tours
- Food vendors

**Friday, Oct. 29
5-8 p.m.**

**Burwell House grounds
13209 E. McGinty Road***

*Free parking is available at St. David's Family Center (3395 Plymouth Road) and Mills Church (13215 Minnetonka Drive).

MOVIES in the Park

Bring your family and friends for a **FREE** night of cinema under the stars!

NOW SHOWING

Friday, Aug. 27, 8 p.m.

The Goonies

Thursday, Sept. 2, 7:45 p.m.

The Sandlot

Friday, Sept. 10, 7:30 p.m.

The Karate Kid

**Outdoor amphitheater
on the civic center campus,
14600 Minnetonka Blvd.!**



Please call the weather hotline at 952-939-8355, or visit minnetonkamn.gov for weather-related updates.

Music Association of Minnetonka

The community destination for all who love music

Offering adult instrumental and senior and youth choral ensembles.

Visit our website to learn about our Fall 2021 opportunities



musicassociation.org

952-401-5954 | info@musicassociation.org



PRESCHOOL PROGRAMS

Arts, Crafts and Technology

At-Home STEM Kit: Chemistry Fun

Ages 4-8 with adult assistance



Learn about primary and secondary colors with Color Mixing Magic. Your young scientist will investigate the three most common states in our environment with four exciting experiments, and even create their own slime! Activity guide and most materials included in kit. Assumed to have: Paper towels, scissors, bowls/ cups, variety of small plastic containers, markers, and glue.

Date	Cost	Course
Sept. 1-Dec. 17	\$45	1040501-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: STEM Sampler

Ages 3.5-6 with adult assistance



Investigate a tropical rainforest and its layers while learning about the unique animals that live there. Examine the three most common States of Matter (solid, liquid, gas) with fun and exciting experiments. An outline and much of the materials needed to complete the pre-recorded class are included. A 30-day link will be provided to access a private video on YouTube. Assumed to have: Internet access/device to watch, messy workspace, sink/water, 3 cups, bowl, measuring cups and glue.

Date	Cost	Course
Sept. 1-Dec. 17	\$42	1040502-01

Location: Kits are mailed to home after registration.



Silly, Sloppy Slimes

Ages 3.5-6



Are you ready for some gooey, sloppy, slimy experiments? Join us for this exciting, hands-on lab as we learn the science of slime and investigate states of matter. Be sure to dress for a messy class.

Day	Date	Time	Cost	Course
W	Oct. 6	9:30-11:30 a.m.	\$25	1040503-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Magical Magnets

Ages 3.5-6



We'll investigate a fascinating, invisible force using a variety of magnets to explore attraction, repulsion and poles.

Day	Date	Time	Cost	Course
W	Nov. 17	9:30-11:30 a.m.	\$25	1040504-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Clay Factory

Ages 18 months–6 years (with adult)



Clay offers a great sensory experience! Give your young artist a chance to poke, pound, roll and shape clay into their very own art

creation. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
Sa	Sept. 18	9:30–10:30 a.m.	\$21	1040201-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Story Time Art Class

Ages 18 months–6 years (with adult)



Beautifully illustrated children's books will inspire us to create masterpieces using a variety of kid friendly art supplies. We'll swim

with Swimmy, meet Yertle the Turtle, ride bikes with Curious George, and get wild with the wild things! Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
Tu	Sept. 21–Oct. 12	9:30–10:30 a.m.	\$63	1040202-01

Location: Glen Lake Activity Center



Holiday Ornament Making Party

Ages 18 months–6 years (with adult)



Join us for an ornament making party with all new ornaments! We'll set up four stations, each with a different project. These ornaments

make great keepsakes or holiday gifts. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
F	Dec. 10	9:30–10:30 a.m.	\$21	1040203-01

Location: Glen Lake Activity Center

Elmo's World

Ages 3–6



Who's the furry red monster with an orange nose? You guessed it – Elmo! We'll use a variety of kid friendly art materials to create an

adorable project inspired by Sesame Street's most popular friend. Please pack a nut free snack and drink for your child.

Day	Date	Time	Cost	Course
Th	Nov. 4	9 a.m.–noon	\$37	1040204-01

Location: Glen Lake Activity Center

Dance

Music Together

Birth – 5yrs with adult

Sing, dance, play, learn! Award-winning music and movement classes for infants, toddlers, preschoolers—and the grownups who love them. The rich music environment in class is full of opportunities for experimentation and exploration, and will help your child grow into a confident, life-long music maker. Receive a CD, an app to play or download the music and an illustrated songbook. Infants under eight months attend free with a paid sibling.

Program Demo Classes

These are for parents or caregivers who are seriously considering registering but would like to try a class with their child first. Registration is required. Families may try only one demo class.

Day	Date	Time	Cost	Course
F	Sept. 10	9:15–10 a.m.	Free	1040303-01
F	Sept. 10	10:15–11 a.m.	Free	1040303-02
Sa	Sept. 11	9:15–10 a.m.	Free	1040303-03
Sa	Sept. 11	10:15–11 a.m.	Free	1040303-04

Location: Eisenhower Community Center, Board Room 233

Day	Date	Time	Cost	Course
Tu	Sept. 14	9:15–10 a.m.	Free	1040303-05
Tu	Sept. 14	10:15–11 a.m.	Free	1040303-06

Location: Minnetonka United Methodist Church



Fall Full Session Classes

Day	Date	Time	Cost	Course
F	Sept. 24–Dec. 3*	9:15–10 a.m.	\$189 \$104 for each addt'l sibling***	1040304-01
F	Sept. 24–Dec. 3*	10:15–11 a.m.	\$189 \$104 for each addt'l sibling***	1040304-02
Sa	Sept. 25–Dec. 4**	9:15–10 a.m.	\$189 (\$104 for each addt'l sibling)***	1040304-03
Sa	Sept. 25–Dec. 4**	10:15–11 a.m.	\$189 (\$104 for each addt'l sibling)***	1040304-04

Location: Eisenhower Community Center – Board Room 233

Day	Date	Time	Cost	Course
Tu	Sept. 21–Nov. 23	9:15–10 a.m.	\$189 \$104 for each addt'l sibling***	1040304-05
Tu	Sept. 21–Nov. 23	10:15–11 a.m.	\$189 \$104 for each addt'l sibling***	1040304-06

Location: Minnetonka United Methodist Church

*No class Friday Nov. 26.

**No class Saturday Nov. 27.

***Infants under 8 months are free with a paid sibling but must call to register.

Wish Upon a Ballet

Ages 3-8

This dance program incorporates popular children's and ballet stories. Enjoy a complete fairy tale experience as dancers skip, leap, jump and spin. Children learn an appreciation for dance and music while developing strength and flexibility.

Session 1: Sleeping Beauty

Ages 3-5

Day	Date	Time	Cost	Course
W	Sept. 15-Oct. 27	11-11:45 a.m.	\$72	1040401-01

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30*	1:15-2 p.m.	\$72	1040401-03

*No class Oct. 16.

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30*	2-2:45 p.m.	\$72	1040401-04

*No class Oct. 16.

Session 2: Cinderella

Ages 3-5

Day	Date	Time	Cost	Course
W	Nov. 3-Dec. 15	11-11:45 a.m.	\$72	1040401-02

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Nov. 6-Dec. 18*	1:15-2 p.m.	\$62	1040401-05

*No class Nov. 27.

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Nov. 6-Dec. 18*	2-2:45 p.m.	\$62	1040401-06

*No class Nov. 27.

Location: Hopkins Center for the Arts, Room 218

Size: Max. 7

Hop-Kids Programs

A joint partnership of the Hopkins-Minnetonka Recreation Services and Hopkins Public Schools



Hop-Kids was created for preschool-age children to provide opportunities for playing and learning that are fun, nurturing and safe. We believe children learn best through meaningful, interactive

play. Our classes offer an introduction to a variety of sport fundamentals, play adventures and STEM (science, technology, engineering, math) skills taught by passionate instructors who encourage curiosity, discovery and problem-solving in a stimulating, structured and fun environment.

Hop-Kids HappyFeet Soccer

Ages 2-5

HappyFeet Leagues are a great way to see your little one continue their soccer development or introduce them to team sports. Each class includes skill-building in three ways: through fun games, pressure by coach and pressure applied by peers in a game setting. All participants receive a jersey and award as part of the registration fee.

Ages 2-3

Day	Date	Time	Cost	Course
W	Sept. 8-Oct. 27	5:30-6 p.m.	\$84	1221401-01
W	Sept. 8-Oct. 27	6-6:30 p.m.	\$84	1221401-02

Ages 4-5

Day	Date	Time	Cost	Course
W	Sept. 8-Oct. 27	6:30-7 p.m.	\$84	1221401-03

Location: Glen Lake Elementary Field

Size: Max. 12

Hop-Kids Amazing Athletes - Keeping Kids Active

Ages 2.75-5

Learn the fundamentals of nine different sports and seven areas of motor development. This course covers baseball, basketball, football, golf, hockey, lacrosse, volleyball and tennis. Build self-confidence, practice teamwork and improve motor skills!

Day	Date	Time	Cost	Course
M	Sept. 13-Oct. 11	6-6:35 p.m.	\$65	1222101-01
M	Sept. 13-Oct. 11	6:45-7:20 p.m.	\$65	1222101-03
M	Oct. 25-Nov. 22	6-6:35 p.m.	\$65	1222101-02
M	Oct. 25-Nov. 22	6:45-7:20 p.m.	\$65	1222101-04

Location: Ubah Academy Gym, 1600 Mainstreet, Hopkins

Size: Max. 10

Hop-Kids Golf

Ages 4-6

TGA Premier Junior Golf offers children the opportunity to learn golf with full-swing, chipping and putting instruction. Students also learn rules, etiquette and the history of golf.

Day	Date	Time	Cost	Course
Th	Sept. 16-Oct. 28*	5:30-6:20 p.m.	\$79	1221301-01

*No program Oct. 21.

Location: Central Park, Hopkins

Day	Date	Time	Cost	Course
Th	Nov. 4-Dec. 16*	6-6:50 p.m.	\$79	1221301-02

*No program Nov. 25.

Location: Ubah Medical Academy Gym, 1600 Mainstreet, Hopkins

Size: Max. 7



Hop-Kids Hip Hop Hooray!

Age 4-6

This high-energy class will get dancers up and moving! Participants learn the basics of hip-hop dance, choreography and tricks. We'll focus on learning through exercise and games, as well as self-expression through movement.

Day	Date	Time	Cost	Course
Tu	Sept. 21-Oct. 26	5:30-6:15 p.m.	\$59	1222201-01
Tu	Nov. 9-Dec. 14	5:30-6:15 p.m.	\$59	1222201-02

Location: Eisenhower Community Center, Theater

Size: Max. 10

Hop-Kids Let's Dance!

Age 3-5

This class is for the preschooler who loves to spin, move and groove. Children will learn a variety of different dance styles from basic ballet technique to jazz to creative dance movement. We will focus on motor development, rhythm and explore dance through musical games, songs and basic dance steps!

Day	Date	Time	Cost	Course
Tu	Sept. 21-Oct. 26	4:30-5:15 p.m.	\$59	1222301-01
Tu	Nov. 9-Dec. 14	4:30-5:15 p.m.	\$59	1222301-02

Location: Eisenhower Community Center, Theater

Size: Max. 10

Hop-Kids RevSports Instructional Programs

RevSports instructional programs maximize the time a player spends developing individual skills. Focus is on individual player development and helping each player at their own ability level become more confident with the necessary skills of the game. Class starts with an active, skill-based warm-up; transitions into a fun, more challenging game; and ends with an age-appropriate small-sided scrimmage. All ability levels are welcome. This is a parent-child class. No equipment necessary.

TotStars: Ages 2-3 (Parent/Child) - TotStars is an entry-level, parent/child program.

PreStars: Ages 3-5 (Parent/Child) - PreStars is an entry-level, parent-child program.

KinderStars: Ages 4-6 (Parent Involved) - KinderStars is an entry-level, parent/child program.

MiniStars: Ages 5-7/5-8 - MiniStars is a noncompetitive foundational skills program. Players are involved independent from their parents, but we do encourage parents to be present and engaged.

RevSports: Soccer

Weekly topics include dribbling, passing, shooting and defending. Parent-child class.

Ages 2-3 (TotStars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	9:15-9:40 a.m.	\$59	1222501-01

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	9:45-10:25 a.m.	\$59	1222501-02

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	10:30 a.m.-11:10 a.m.	\$59	1222501-03

Ages 4-6 (Kinderstars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	11:15 a.m.-11:55 a.m.	\$59	1222501-04

Location: Civic Center Fields

Size: Max. 6



RevSports: Basketball

Topics include ball handling, passing, shooting, defense and rebounding. 8-foot hoops will be used. Parent-child class.

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	9-9:40 a.m.	\$59	1222601-01

Ages 4-6 (Kinderstars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	9:45-10:25 a.m.	\$59	1222601-02

Ages 5-8 (MiniStars)

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 9	10:30-11:10 a.m.	\$59	1222601-03

Location: Hopkins West Junior High

Size: Max. 6



RevSports: Flag Football

Weekly topics include carrying the ball, throwing, catching, defending and learning different positions. Parent-child class.

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
W	Sept. 15-Oct. 13	4:30-4:55 p.m.	\$59	1222701-01

Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
W	Sept. 15-Oct. 13	5-5:40 p.m.	\$59	1222701-02

Ages 5-8 (MiniStars)

Day	Date	Time	Cost	Course
W	Sept. 15-Oct. 13	5:45-6:25 p.m.	\$59	1222701-03

Location: Eisenhower Elementary Soccer Field

Size: Max. 6



SoccerTots



Your young soccer star will work on balance and movement, as well as listening and motor skills. No prior experience required.

Please bring appropriate clothing, a water bottle, and soccer shoes (or comfortable athletic shoes).

Ages 2-3.5*

Day	Date	Time	Cost	Course
Th	Sept. 16-Oct. 14	9:30-10 a.m.	\$79	1220401-01
Th	Sept. 16-Oct. 14	10:10-10:40 a.m.	\$79	1220401-02

Ages 3.5-5

Day	Date	Time	Cost	Course
Th	Sept. 16-Oct. 14	10:50 a.m.-11:20 a.m.	\$79	1220401-03
Th	Sept. 16-Oct. 14	11:30 a.m.-noon	\$79	1220401-04

*Parent participation required for ages 2-3.5 years.

Location: Burnes Park - 301 2nd St. N, Hopkins

YOUTH PROGRAMS

Arts, Crafts and Technology

At-Home STEM Kit: Chemistry, Aerospace & Electricity

Ages 8-11 with adult assistance



Explore states of matter: a solid, liquid and a gas. Next, discover the four forces: thrust, drag, weight and lift, all with fun, hands-on experiments and activities. You'll also use a paratrooper to investigate drag, a disk launcher to explore lift and more. Lastly, build and test an electromagnet. Activity guide and most materials included in kit. Assumed to have: Measuring half-cup, bowl/tray, 3 clear cups, tape and table.

Date	Cost	Course
Sept. 1-Dec. 17	\$39	1040506-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: Build Your Own Art-Bot

Ages 8-11 with adult assistance



The fun begins as you build your own Art-Bot with a motor, battery holder and more. Then, give your robot a personality with the craft supplies included in the kit. Test the pH of six everyday substances that change colors to determine if the substance is an acid, base or neutral. Activity guide and most materials included in kit. Assumed to have: Tape, glue, scissors, paper, 2-7 clear cups and paper towels

Date	Cost	Course
Sept. 1-Dec. 17	\$39	1040507-01

Location: Kits are mailed to home after registration.



At-Home STEM Kit: Slime & Catapults

Ages 8-11 with adult assistance



Investigate the chemical reaction that creates slime and mix up your own batches of Glow, Silky and Floam slimes. Build three different catapults to examine how levers, energy and Newton's Laws of Motion work together as you aim and launch ping-pong balls. Activity guide and most materials included in kit. Assumed to have: Paper towels, scissors.

Date	Cost	Course
Sept. 1-Dec. 17	\$43	1040508-01

Location: Kits are mailed to home after registration.



At-Home STEM Kit: Young Inventors

Ages 8-11, with adult assistance



Encourage your child's tinkering spirit with this fun and engaging kit as they build an electrical circuit and learn about pneumatics. The 175-piece kit contains tools, adhesives, building materials, craft items and an activity guide, and comes packed with screwdrivers, screws, pliers, 1.5 volt hobby motor, batteries and holder, scissors, wheels, clamps and more.

Date	Cost	Course
Sept. 1-Dec. 17	\$70	1040509-01

Location: Kits are mailed to home after registration.



At-Home STEM Kit: Crazy Chemistry

Grades 2-6



Investigate the periodic table with fun and exciting experiments. Break some chemical bonds, get messy with polymers and more. An outline and many of the materials needed to complete this pre-recorded class are included. A 30-day link will be provided to access a private video on YouTube. Assumed supplies: Internet/device to watch, messy workspace, sink, crayons, paper towels, pitcher, cups/bowls, scissors, plate and 10 pennies.

Date	Cost	Course
Sept. 1-Dec. 17	\$69	1040510-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: STEM Sampler

Grades 2-6



We'll learn the differences between chemical and physical changes with sloppy, slimy, messy experiments. Discover engineering and physics as we construct a marble roller coaster. The kit will contain an outline and many of the materials needed to complete the pre-recorded class. A 30-day link will be provided to access a private video on YouTube. Assumed supplies: Internet/device to watch, messy workspace, sink, scissors, pencil/markers, glue, and clear cups/bowls.

Date	Cost	Course
Sept. 1-Dec. 17	\$65	1040511-01

Location: Kits are mailed to home after registration.

Sculptures with Fondant

Grades 3-6



artistic moments

You'll have a great time creating fall-themed 3D sculptures with cake and fondant. Brainstorm an idea for your sculpture - then cut, shape and ice your cake before finishing it off with fondant designs!

Day	Date	Time	Cost	Course
F	Oct. 1	5:30-7:30 p.m.	\$31	1041001-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Animal Bold Impressionism

Grades K-3



artistic moments

You'll choose a cool animal outline for your project and trace your design onto a blank canvas. Have fun applying a wide array of colorful paint patches to your canvas and let your creativity shine!

Day	Date	Time	Cost	Course
F	Oct. 15	5:30-7 p.m.	\$25	1041002-01

Location: Minnetonka Community Center, Minnetonka Mills Room



Jr. STEM Club

Grades K-3



We'll dive into a new, hands-on lesson each day focusing on developing skills such as problem solving, critical thinking and peer collaboration. These life skills provide participants with the confidence to successfully approach challenges in their lives.

Day 1: Catapults & Star Spinner

Day 2: Rocket & Parachutes

Day 3: Coding Unplugged Earthworm & Acoustic Engineering Flute

Day 4: Invent Your Own Toy & Robot Hand

Day	Date	Time	Cost	Course
Sa	Oct. 2-23	9 a.m.-noon	\$125	1040603-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Baby Yoda Bobblehead

Ages 5-12



What's cuter than Baby Yoda? A Baby Yoda Bobblehead, of course! Create with clay, Model Magic® and more. Please pack a nut free snack and drink for your child.

Day	Date	Time	Cost	Course
Sa	Oct. 9	1-4 p.m.	\$39	1040212-01

Location: Glen Lake Activity Center

Glow-in-the-Dark Art Camp

Ages 4-9



All the projects we'll create in this camp will glow-in-the-dark! We'll work with a variety of different art supplies including clay, paint and

other luminescent materials to create masterpieces your child will be ready to show off in the dark! Please pack a nut free snack and drink for your child.

Day	Date	Time	Cost	Course
W-Th	Oct. 20-21	9 a.m.-noon	\$79	1040211-01

Location: Glen Lake Activity Center

Grinch Slime

Ages 4-9



Mix up your very own batch of glittery green Grinch Slime! Then, create a gift box to store it in. Please pack a nut free snack and a drink for your child.

Day	Date	Time	Cost	Course
Sa	Nov. 20	1-4 p.m.	\$39	1040209-01

Location: Glen Lake Activity Center

Holiday Ornament Making Party

Ages 5-12



Join us for an ornament making party with all new ornaments! We'll set up four stations, each with a different project. These ornaments

make great keepsakes or holiday gifts. Please pack a nut free snack and a drink for your child.

Day	Date	Time	Cost	Course
Sa	Dec. 11	2-4 p.m.	\$31	1040210-01

Location: Minnetonka Community Center, Minnetonka Mills Room

Beyond Pinch Pots

Ages 5-12



Learn the basics of clay work and super cool techniques to transform pinch pots into puppy pals, silly rabbits, playful penguins and more. Please pack a nut free snack and drink for your child.

Day	Date	Time	Cost	Course
M-W	Dec. 20-22	9 a.m.-noon	\$97	1040208-01

Location: Glen Lake Activity Center

Glow-in-the-Dark Snow Globe

Ages 5-12



Create a stunning night sky-themed snow globe that really glows in the dark. You'll be over the moon for these outer space masterpieces! Please pack a nut free snack and drink for your child.

Day	Date	Time	Cost	Course
M	Dec. 27	1-4 p.m.	\$39	1040207-01

Location: Glen Lake Activity Center



General Programs

Youth Basketball League

Grades 2-6

Registration deadline: Monday, Oct. 4

This in-house recreational league is a great opportunity for new and experienced players to develop their basketball skills, character and build new friendships. Boys and girls teams are formed by grade level.



Games for all ages are Saturdays, between 9 a.m. and 4 p.m. at West Junior High. The final schedule is determined after teams are filled. Playoffs take place the last few weeks of the season for grades 3-6 only.

Reminder: Each course number represents one team. If you would like to register with a friend, you must register for the **same course number**.

Grade 2: Register for any course number

Grades 3-6: Select a course number based on desired practice night/location

Teams are not reserved for groups or schools for any reason, and we do not take requests. Teams are filled on a first-come, first-serve basis. Teams and/or grades may be combined if needed, so practice day/location is not guaranteed. Depending on registration numbers and waitlists, additional teams may be added.

All registrations received after Oct. 4 are placed on a waiting list. If you are assigned to a team from a waiting list, an additional \$10 is added to the registration fee.

Grade 2

Game and Practice Day	Date	Cost
Sa	Dec. 4-Jan. 29*	\$70

*No games Dec. 25 or Jan. 1.

Location: Hopkins West Jr. High, Activity Structure

Practices: Saturdays - prior to game

GIRLS GRADE 2

Team #	Course
Team #1	1170103-01
Team #2	1170103-02
Team #3	1170103-03
Team #4	1170103-04

BOYS GRADE 2

Team #	Course
Team #1	1170104-01
Team #2	1170104-02
Team #3	1170104-03
Team #4	1170104-04



Grades 3-6

Game Day	Date	Cost
Sa	Dec. 4-Feb. 12*	\$110

*No games Dec. 25 or Jan. 1.

Location (Games): Hopkins West Jr. High, Activity Structure

Practices: One weekday practice per week, starting the week of Nov. 8.

BOYS GRADE 3

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team #1	Monday	Gatewood	6-7 p.m.	1170105-01
Team #2	Tuesday	Glen Lake	6-7 p.m.	1170105-02
Team #3	Tuesday	West Jr. High #1	6-7 p.m.	1170105-03
Team #4	Thursday	West Jr. High #1	6-7 p.m.	1170105-04

GIRLS GRADE 3/4

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team #1	Monday	West. Jr. High #1	6-7 p.m.	1170106-01
Team #2	Tuesday	West. Jr. High #2	6-7 p.m.	1170106-02
Team #3	Tuesday	Gatewood	6-7 p.m.	1170106-03
Team #4	Thursday	Tanglen #1	6-7 p.m.	1170106-04

Coaches Needed

The youth basketball league would not be possible without our volunteer parent coaches. Please consider lending your time and talent this fall.

No prior coaching experience is required, and a coaches meeting is held before the start of the season. Volunteers receive a \$15 Recreation Services credit on their account at the end of the season.

To serve as a youth basketball coach, register for course #1170102-01 at minnetonkamn.gov/register. (Volunteering is contingent upon a successful background screening.)

BOYS GRADE 4

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team #1	Monday	West. Jr. High #2	6-7 p.m.	1170107-01
Team #2	Monday	Glen Lake	6-7 p.m.	1170107-02
Team #3	Tuesday	Alice Smith	6-7 p.m.	1170107-03
Team #4	Thursday	West Jr. High #2	6-7 p.m.	1170107-04

GIRLS GRADE 5/6

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team #1	Monday	West. Jr. High #3	6-7 p.m.	1170108-01
Team #2	Tuesday	West. Jr. High #3	6-7 p.m.	1170108-02
Team #3	Tuesday	Tanglen #1	6-7 p.m.	1170108-03
Team #4	Thursday	Alice Smith	7-8 p.m.	1170108-04

BOYS GRADE 5/6

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team #1	Monday	Alice Smith	6-7 p.m.	1170109-01
Team #2	Tuesday	Tanglen #2	6-7 p.m.	1170109-02
Team #3	Thursday	Glen Lake	6-7 p.m.	1170109-03
Team #4	Monday	West. Jr. High #1	7-8 p.m.	1170109-04



ESports Gaming

Ages 7-19

The Blaze Fire Gaming and Esports Club is a fun, safe way for the gamers in your household to play with other age-verified competitors so they can make friends within their own community through video gaming. Joining the club gives players access to organized community play where players can choose to participate in structured leagues and tournaments or social ladder and play activities. Players aged 7+ will participate from home and engage safely in club activity through the Safe Harbor-certified platform GYO Score.

Available games rotate frequently to keep up with the most popular titles for kids. Prizes and rewards can be earned for participation and also winning our special skill-based tournaments and leagues. All gamer skill levels are welcome!

Supported Gaming Systems: Nintendo Switch, Xbox One, Xbox One Series S/X, PlayStation 4, PlayStation 5

Supported Gaming Titles: Rocket League, Minecraft, Super Smash Brothers, NFL Madden Football, EA FIFA Soccer, NBA 2K, Mario Kart 8

Consoles and games not included with club participation fee. Participants must have an active internet connection and any/all online connection subscriptions purchased to participate (i.e. Xbox Live/PlayStation Plus/Nintendo Online). For questions or concerns about fees or technical setup, please contact info@gyo.gg.

With your registration fee, you may select up to three games to play and gain access to ladders, leagues and tournaments for those games.

Session 1

Ages 7-12

Day	Date	Time	Cost	Course
M-Su	Sept. 1-Oct. 31	2-7 p.m.	\$75	1041501-01

Ages 13-18

Day	Date	Time	Cost	Course
M-Su	Sept. 1-Oct. 31	2-7 p.m.	\$75	1041501-02

Session 2

Ages 7-12

Day	Date	Time	Cost	Course
M-Su	Nov. 1-Dec. 31	2-7 p.m.	\$75	1041501-03

Ages 13-18

Day	Date	Time	Cost	Course
M-Su	Nov. 1-Dec. 31	2-7 p.m.	\$75	1041501-04

Size: Max. 20

Conquer Ninja Rec Team

Ages 6-13



Ninja Obstacle Training is a fun and unique way to develop confidence,

strength, endurance, balance and friendships. Participants practice on over 40 obstacles inspired by the TV show, including warped walls, salmon ladders, tilting ladders and more! All experience levels welcome. Each session includes six practices and two competition days.

Ages 6-9

Day	Date	Time	Cost	Course
F	Sept. 10-Oct. 29	5-6 p.m.	\$175	1211702-01
F	Nov. 5-Dec. 17*	5-6 p.m.	\$130	1211702-04

Ages 10-13

Day	Date	Time	Cost	Course
F	Sept. 10-Oct. 29	6:15-7:15 p.m.	\$175	1211702-02
F	Nov. 5-Dec. 17*	6:15-7:15 p.m.	\$130	1211702-05

Ages 6-13

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30	8:30-9:30 a.m.	\$175	1211702-03
Sa	Nov. 6-Dec. 18**	8:30-9:30 a.m.	\$130	1211702-06

Location: Conquer Ninja - 7000 Washington Ave. S, Eden Prairie

*No program Nov. 26.

**No program Nov. 27.



Skateboarding Camp

Ages 6-16

The 3rd Lair camp program has been part of Minnesota action sports development for over 20 years. Experienced, well-trained instructors coach participants at every ability level. And all skill levels are welcome! Equipment (helmet, board and pads) are provided for use during camp. Please visit **3rdlair.com** to fill out the required waiver form before the start of camp.

Day	Date	Time	Cost	Course
W	Oct. 20	9 a.m.-noon	\$50	1150401-01
Th	Oct. 21	9 a.m.-noon	\$50	1150401-02
F	Oct. 22	9 a.m.-noon	\$50	1150401-03
W	Nov. 24	9 a.m.-noon	\$50	1150401-04
F	Nov. 26	9 a.m.-noon	\$50	1150401-05

Location: 3rd Lair Skate Park, 850 Florida Ave. S, Golden Valley

Horseback Riding Day Camp

Ages 6-12

Learn how to groom, tack-up, lead and do in-hand work with horses. Campers will also enjoy horse-related crafts and activities, like braiding a horse's mane and tail and helping feed, water and care for these beautiful animals. Proper attire includes sneakers or boots (closed toe and heel), long pants and layers, depending on the weather. Transportation provided from the Minnetonka Community Center.

Day	Date	Time	Cost	Course
Th	Oct. 21	7:45 a.m.-4 p.m.	\$89	1151401-01

Location: Boulder Point Stables, Anoka

Size: Max. 7

Little Shooter's Basketball Clinic

Ages 7-12

Enhance your basketball skills with instruction from former NBA player Kevin Lynch. Kevin and his coaches teach basic skills and techniques, cultivate self-esteem and encourage teamwork and fair play in a fun and challenging environment. This clinic is a great way to prepare for the upcoming youth basketball league.

Day	Date	Time	Cost	Course
Sa	Oct. 30-Nov. 20	9:30-11:30 a.m.	\$94	1161202-01

Location: Hopkins West Junior High, Activity Structure



Blizzard Ski and Snowboard Instruction

Grades K-12

Experience the ultimate in skiing, snowboarding and racing instruction! At seven different metro ski and snowboard areas, our top quality adult staff improves your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season-long rentals are available), we provide the rest!

All sessions run approximately 7:30 a.m.-5:30 p.m.

Dates: Saturdays, November-February (12 weeks) or Sundays, January-February (8 weeks)

Mites

Grades K-1 (age 6 by Dec. 1) (Ski Only)

Make new friends with your two instructors and a small group of six participants.

Saturdays, Jan. 8-29; Feb. 5-26 \$525

Sundays, Jan. 9-30; Feb. 6-27 \$525

SuperMites

Grades 2-3

Make new friends with your two instructors and small group of eight participants. Learn more skills to conquer the hill!

Saturdays: Dec. 4-18; Jan. 8-29; Feb. 5-26 \$525

Sundays: Dec. 5-19; Jan. 9-30; Feb. 6-27 \$525



SuperKyds

Grades 4-5

Participants spend all day with friends and the same core group of instructors, developing skills and mastering bumps, jumps and carving turns.

Saturdays: Dec. 4-18; Jan. 8-29; Feb. 5-26 \$525

Sundays: Dec. 5-19; Jan. 9-30; Feb. 6-27 \$525

Classic

Grades 5-12

Explore cool trails and terrain parks with experienced instructors during four-and-a-half hours of instruction with plenty of time to free ski or ride!

Saturdays: Dec. 4-18; Jan. 8-29; Feb. 5-26 \$425

Sundays: Dec. 5-19; Jan. 9-30; Feb. 6-27 \$425

Teen Sampler Program

Grades 7-12

Have you always wanted to learn how to ski or snowboard but don't want to commit to an entire season of instruction? This program is for you! Four-and-a-half hours of instruction each trip.

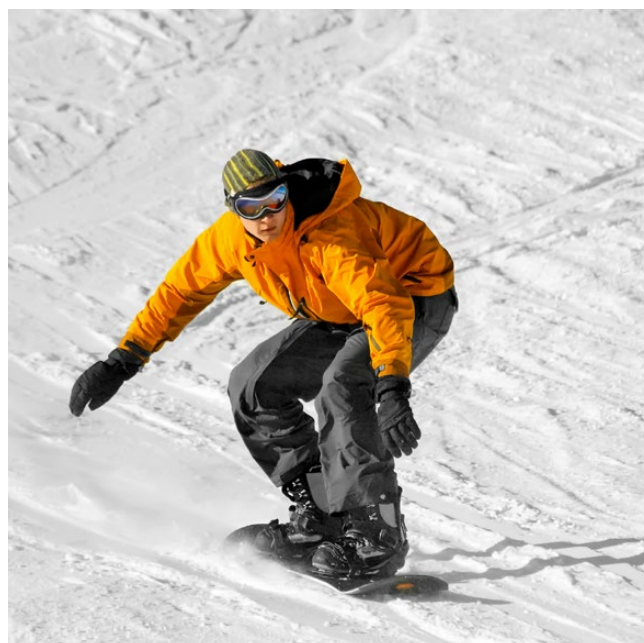
Saturdays: Dec. 4-18	\$225
Sundays: Dec. 5-19	\$225

Team Blizzard: Skiers or Snowboarders

Grades 5-12

Ski Racing or Snowboard Team instruction. Intermediate to expert skiers stir up some friendly competition as you learn strategies and tactics for racing. A great way for high school racers to get an edge on the competition and for recreational racers to improve and have fun!

Saturdays: Dec. 4-18; Jan. 8-29; Feb. 5-26	\$575
Sundays: Dec. 5-19; Jan. 9-30; Feb. 6-27	\$575



Apprentice Program

Grades 8-12

Have a passion for skiing or boarding? Ever thought about teaching what you love? Then this is the program for you. Blizzard provides you with the tools to be a successful instructor upon completion of the program.

Saturdays & Sundays	\$575
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*Weekly Trip Fees

Participants are contacted prior to the trip each week to confirm reservation. Using the flexible pay-as-you-go trip fee structure, you pay a weekly trip fee of approximately \$75 to cover round-trip bus transportation and lift ticket. The \$75/day cost is on top of the course fee. If you cannot attend, you do not pay the \$75 fee.

Bus pick-up locations:

Ridgedale Shopping Center: Southeast lot by Cheesecake Factory

7-Hi Shopping Center: Highway 7 & 101 intersection, parking lot near Target & Walgreens

Mound/Spring Park: Papa Murphy's

Register

Visit blizzardmn.com or call 763-559-3343 to register and mention "Hopkins-Minnetonka21."

Martial Arts

Tae Kwon Do

Ages 15 and older

Reach your full potential through this confidence-building martial arts program that accommodates students at all levels. Instructors from Northwest Martial Arts provide expert training in a fun and safe environment.

Contact Nick at bignickolson@gmail.com for more information.

Little Ninja

Ages 4-5

Day	Date	Time	Cost	Course
M, W	Aug. 9-Sept. 15*	6-6:30 p.m.	\$66	3080501-02
M, W	Sep. 20-Nov. 3**	6-6:30 p.m.	\$66	1080201-05
M, W	Nov. 8-Dec. 22***	6-6:30 p.m.	\$66	1080201-06

*No class Sept. 6.

** No class Oct. 18 or 20

***No class Nov. 24. or 29; No class Dec. 1

Location: Lindbergh Center, Wrestling Room
Size: Max. 10



Youth Beginner

Ages 6-14 (Entering 1st+ grade in Fall 2021)

Day	Date	Time	Cost	Course
M, W	Aug. 9-Sept. 15*	6:30-7:15 p.m.	\$78	3080501-04
M, W	Sep. 20- Nov. 3**	6:30-7:15 p.m.	\$78	1080201-01
M, W	Nov 8- Dec. 22***	6:30-7:15 p.m.	\$78	1080201-02

*No class Sept. 6.

**No class Oct. 18 or 20

***No class Nov. 24. or 29; Dec. 1

Location: Lindbergh Center, Wrestling Room
Size: Max. 30

Youth Advanced

Ages 7-19

Day	Date	Time	Cost	Course
M, W	Sept. 20-Dec. 22*	7:15-8 p.m.	\$156	1080201-03

*No class Oct. 18 or 20; Nov. 24. or 29; Dec. 1

Location: Lindbergh Center, Wrestling Room
Size: Max. 30

Adult

Day	Date	Time	Cost	Course
M, W	Aug. 9-Sept. 15*	7:15-8 p.m.	\$78	3080501-12
M, W	Sep. 20- Nov. 3**	7:15-8 p.m.	\$78	1080201-04
M, W	Nov 8- Dec. 22***	7:15-8 p.m.	\$78	1080201-07

*No class Sept. 6.

**No class Oct. 18 or 20

***No class Nov. 24. or 29; Dec. 1

Location: Lindbergh Center, Wrestling Room
Size: Max. 12

Shaolin Kung Fu

Ages 5 and older

Learn traditional Shaolin Kung Fu in a fun, relaxed atmosphere. Classes are noncompetitive and designed to teach punching and kicking techniques, self-defense, sparring, board breaking and the use of traditional instruments. Kung Fu is a great workout that builds muscles, motor skills, flexibility, balance, power and confidence. Contact Bob at shifu@mnkungfu.com with questions.

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring in the same session, the combined cost is \$79.

IMPORTANT: To obtain the discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

Beginner

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	11 a.m.-noon	\$59	1080101-01

*No class Nov. 27.

Location: Lindbergh Center, Wrestling Room

Size: Max. 30

Intermediate

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	Noon-1 p.m.	\$59	1080101-02

*No class Nov. 27

Location: Lindbergh Center, Wrestling Room

Size: Max. 30



Advanced

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	2-3 p.m.	\$59	1080101-04

*No class Nov. 27

Location: Lindbergh Center, Wrestling Room

Size: Max. 30

Instrument and Sparring

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	1-2 p.m.	\$59	1080101-03

*No class Nov. 27.

Location: Hopkins High School Dance Studio

Size: Max. 30

TEEN PROGRAMS

ESports Gaming

Ages 7-19

The Blaze Fire Gaming and Esports Club is a fun, safe way for the gamers in your household to play with other age-verified competitors so they can make friends within their own community through video gaming. Joining the club gives players access to organized community play where players can choose to participate in structured leagues and tournaments or social ladder and play activities. Players aged 7+ will participate from home and engage safely in club activity through the Safe Harbor-certified platform GYO Score.

Available games rotate frequently to keep up with the most popular titles for kids. Prizes and rewards can be earned for participation and also winning our special skill-based tournaments and leagues. All gamer skill levels are welcome!

Supported Gaming Systems: Nintendo Switch, Xbox One, Xbox One Series S/X, PlayStation 4, PlayStation 5

Supported Gaming Titles: Rocket League, Minecraft, Super Smash Brothers, NFL Madden Football, EA FIFA Soccer, NBA 2K, Mario Kart 8

Consoles and games not included with club participation fee. Participants must have an active internet connection and any/all online connection subscriptions purchased to participate (i.e. Xbox Live/PlayStation Plus/Nintendo Online). For questions or concerns about fees or technical setup, please contact info@gyo.gg.

With your registration fee, you may select up to three games to play and gain access to ladders, leagues and tournaments for those games.

Session 1:

Ages 7-12

Day	Date	Time	Cost	Course
M-Su	Sept. 1-Oct. 31	2-7 p.m.	\$75	1041501-01

Ages 13-18

Day	Date	Time	Cost	Course
M-Su	Sept. 1-Oct. 31	2-7 p.m.	\$75	1041501-02

Session 2:

Ages 7-12

Day	Date	Time	Cost	Course
M-Su	Nov. 1-Dec. 31	2-7 p.m.	\$75	1041501-03

Ages 13-18

Day	Date	Time	Cost	Course
M-Su	Nov. 1-Dec. 31	2-7 p.m.	\$75	1041501-04

Size: Max. 20

At-Home STEM Kit: Chemistry, Aerospace & Electricity

Ages 12+, with adult supervision



Explore states of matter: a solid, liquid and a gas. Next, discover the four forces: thrust, drag, weight and lift, all with fun, hands-on experiments and activities. You'll also use a paratrooper to investigate drag, a disk launcher to explore lift and more. Lastly, build and test an electromagnet. Activity guide and most materials included in kit. Assumed to have: Measuring half-cup, bowl/tray, 3-clear cups, tape and table.

Date	Cost	Course
Sept. 1-Dec. 17	\$39	1040506-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: Build Your Own Art-Bot

Ages 12+ with adult supervision



The fun begins as you build your own Art-Bot with a motor, battery holder and more. Then, give your robot a personality with the craft supplies included in the kit. Test the pH of six everyday substances that change

colors to determine if the substance is an acid, base or neutral. Activity guide and most materials included in kit. Assumed to have: Tape, glue, scissors, paper, 2-7 clear cups and paper towels

Date	Cost	Course
Sept. 1-Dec. 17	\$39	1040507-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: Slime & Catapults

Ages 12+ with adult supervision



Investigate the chemical reaction that creates slime and mix up your own batches of Glow, Silky and Floam slimes. Build three different catapults to examine how levers, energy and Newton's Laws of Motion work

together as you aim and launch ping-pong balls. Activity guide and most materials included in kit. Assumed to have: Paper towels, scissors.

Date	Cost	Course
Sept. 1-Dec. 17	\$43	1040508-01

Location: Kits are mailed to home after registration.

At-Home STEM Kit: Young Inventors

Ages 12+ with adult supervision



Encourage your child's tinkering spirit with this fun and engaging kit as they build an electrical circuit and learn about pneumatics. The 175-piece kit contains tools, adhesives, building materials, craft items and an activity

guide, and comes packed with screwdrivers, screws, pliers, 1.5 volt hobby motor, batteries and holder, scissors, wheels, clamps and more.

Date	Cost	Course
Sept. 1-Dec. 17	\$70	1040509-01

Location: Kits are mailed to home after registration.

Conquer Ninja Rec Team

Ages 6-13



Ninja Obstacle Training is a fun and unique way to develop confidence,

strength, endurance, balance and friendships.

Participants practice on over 40 obstacles inspired by the TV show, including warped walls, salmon ladders, tilting ladders and more! All experience levels welcome. Each session includes six practices and two competition days.

Ages 6-9

Day	Date	Time	Cost	Course
F	Sept. 10-Oct. 29	5-6 p.m.	\$175	1211702-01
F	Nov. 5-Dec. 17*	5-6 p.m.	\$130	1211702-04

Ages 10-13

Day	Date	Time	Cost	Course
F	Sept. 10-Oct. 29	6:15-7:15 p.m.	\$175	1211702-02
F	Nov. 5-Dec. 17*	6:15-7:15 p.m.	\$130	1211702-05

Ages 6-13

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30	8:30-9:30 a.m.	\$175	1211702-03
Sa	Nov. 6-Dec. 18**	8:30-9:30 a.m.	\$130	1211702-06

Location: Conquer Ninja - 7000 Washington Ave. S, Eden Prairie

*No program Nov. 26.

**No program Nov. 27.

Skateboarding Camp

Ages 6-16

The 3rd Lair camp program has been part of Minnesota action sports development for over 20 years. Experienced, well-trained instructors coach participants at every ability level. And all skill levels are welcome! Equipment (helmet, board and pads) are provided for use during camp. Please visit **3rdlair.com** to fill out the required waiver form before the start of camp.

Day	Date	Time	Cost	Course
W	Oct. 20	9 a.m.-noon	\$50	1150401-01
Th	Oct. 21	9 a.m.-noon	\$50	1150401-02
F	Oct. 22	9 a.m.-noon	\$50	1150401-03
W	Nov. 24	9 a.m.-noon	\$50	1150401-04
F	Nov. 26	9 a.m.-noon	\$50	1150401-05

Location: 3rd Lair Skate Park, 850 Florida Ave. S., Golden Valley

ADULT ATHLETICS AND PROGRAMS

Adult Leagues

Adult Volleyball Leagues

Ages 18 and older

Teams compete weekly in 10 games at specified competition levels: Gold, Silver A, Silver B or Bronze. The top teams in each division move onto a one-night playoff round. Match times are 6:45 p.m., 7:45 p.m. and 8:45 p.m.

- Registration opens Aug. 2 for returning teams, and Aug. 9 for new teams.
- Registration deadline is Sept. 5 or when leagues fill.
- Registration must be made under team manager's account.

Visit minnetonkamn.gov/volleyball for more information.

6-player

Women's League

Day	Date	Cost	Course
M	Sept. 27-Dec. 6	\$260	1010601-01

Men's League

Day	Date	Cost	Course
W	Sept. 22-Dec. 8*	\$260	1010601-02

*No matches Nov. 24.

Co-Rec League

Day	Date	Cost	Course
Th	Sept. 23-Dec. 9*	\$260	1010601-03

*No matches Nov. 25.

Location: Lindbergh Center or Hopkins West Junior High

Personal Defense and Safety Training

Ages 16+



Training to stay out of a problem; tactics to get out of one. This interactive, presentation-style class is built around principles, not

just techniques and memorization. Our purpose is to provide you with a solid knowledge base for how to avoid a confrontation, as well as the practical responses needed to escape a threat to your safety.

Day	Date	Time	Cost	Course
Tu	Oct. 12	5:30-7:30 p.m.	\$35	1010701-03
Th	Dec. 2	5:30-7:30 p.m.	\$35	1010701-04

Location: Community Room, Minnetonka Community Center

5-Player Adult Basketball League

Ages 18 and older

Challenge your hoops skills in this fun, fast-paced, 10-week winter basketball league. Choose from three divisions: Gold, Silver and Bronze. Teams have the option to participate in our in-house, double elimination playoffs following the regular season.

- Registration opens Aug. 30 for returning teams, and Sept. 6 for new teams.
- Registration must be made under team manager's account.
- Games are at 6:45 p.m., 7:45 p.m. and 8:45 p.m.

Day	Date	Level	Cost	Course
W	Oct. 20-Jan. 19*	Gold	\$575/team	1010101-01
W	Oct. 20-Jan. 19*	Silver	\$575/team	1010101-02
W	Oct. 20-Jan. 19*	Bronze	\$575/team	1010101-03

*No games Nov. 24.

Location: Lindbergh Center Gyms and Hopkins High School

Adult Indoor Co-Rec Soccer League

Play traditional soccer on an indoor court. There are three 6- or 7-week sessions (depending on the number of teams) of co-rec indoor soccer. Teams play seven players (goalie + six), with at least two female players on the court at all times.

Games are played Sunday evenings starting as early as 5:30 p.m., or as late as 9:30 p.m., in the Lindbergh Center at Hopkins High School.

Registration

- Registration for fall, winter and spring sessions begins Tuesday, Aug. 10.
- Individuals looking to join a team may contact the Recreation Services office at (952) 939-8203 to be placed on a list of available players. Names from the list are provided to team managers looking for players to complete their team.

Uniform

The program fee does not include the official league shirt, which must be worn by all players and can be purchased at the Recreation Services office for \$15.

Fall Session

Day	Date	Cost	Course
Su	Oct. 24-Dec. 12*	\$525	1010401-01

*No league play Nov. 28.

Winter Session

Day	Date	Cost	Course
Su	Jan. 2-Feb. 20*	\$525	1010401-02

*No league play Feb. 13.

Spring Session

Day	Date	Cost	Course
Su	Feb. 27-April 10	\$525	1010401-03

Location: Lindbergh Center

Adult Badminton Open Gym

Adults and youth grades 10 and older

Players can drop in year-round and learn the sport of badminton or improve their skills. Please bring your own racket (there is a limited supply available). Up to six courts are set up for doubles play.

Visit minnetonkamn.gov/badminton for an updated schedule and more information.

Day	Date	Time	Cost
M,W,F	Year-Round	7-9:30 p.m.	\$5/night

Location: Lindbergh Center or Tanglen Elementary

Men's Broomball League

Ages 18 and older

Get on the ice with your team of six and get into some broomball. This seven-week league plays outside at Valley Park and Oakes Park in Hopkins. Each team competes in six regular season games followed by a one night playoff round.

- Team registration opens Monday, Oct. 4.
- The registration deadline is Dec. 17 or when the league fills.
- Registration must be made under team manager's account.

Additional registration information is posted at minnetonkamn.gov/broomball.

Day	Date	Time	Cost	Course
Th	Jan. 6-Feb. 17	6-10 p.m.	\$300	2010201-01

Location: Valley Park and Harley Hopkins Family Center, Hopkins

Martial Arts

Tae Kwon Do

Ages 15 and older

Reach your full potential through this confidence-building martial arts program that accommodates students at all levels. Instructors from Northwest Martial Arts provide expert training in a fun and safe environment.

Contact Nick at bignickolson@gmail.com for more information.

Day	Date	Time	Cost	Course
M, W	Aug. 9-Sept. 15*	7:15-8 p.m.	\$78	3080501-12
M, W	Sept. 20-Nov. 3**	7:15-8 p.m.	\$78	1080201-04
M, W	Nov. 8-Dec. 22***	7:15-8 p.m.	\$78	1080201-07

*No class Sept. 6.

**No class Oct. 18 or 20.

***No class Nov. 24, 29, Dec. 1.

Location: Lindbergh Center, Wrestling Room

Size: Max. 12



Shaolin Kung Fu

Ages 5 and older

Learn traditional Shaolin Kung Fu in a fun, relaxed atmosphere. Classes are noncompetitive and designed to teach punching and kicking techniques, self-defense, sparring, board breaking and the use of traditional instruments. Kung Fu is a great workout that builds muscles, motor skills, flexibility, balance, power and confidence. Contact Bob at shifu@mnkungfu.com with questions.

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring in the same session, the combined cost is \$79.

IMPORTANT: To obtain the discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

Beginner

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	11 a.m.-noon	\$59	1080101-01

*No class Nov. 27.

Location: Lindbergh Center, Wrestling Room

Size: Max. 30

Intermediate

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	Noon-1 p.m.	\$59	1080101-02

*No class Nov. 27

Location: Lindbergh Center, Wrestling Room

Size: Max. 30

Advanced

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	2-3 p.m.	\$59	1080101-04

*No class Nov. 27

Location: Lindbergh Center, Wrestling Room

Size: Max. 30

Instrument and Sparring

Day	Date	Time	Cost	Course
Sa	Oct. 2-Dec. 4*	1-2 p.m.	\$59	1080101-03

*No class Nov. 27.

Location: Hopkins High School Dance Studio

Size: Max. 30

SENIOR SERVICES

Minnetonka Community Center
14600 Minnetonka Blvd.
952-939-8393

Senior Services Mission

Minnetonka Senior Services programs and resources seek to engage with the diverse needs and interests of Minnetonka residents ages 55 and older.

Fall 2021 Registration

Tuesday, Aug. 17, 8 a.m.

Senior Script Newsletter

The Senior Script is an informational monthly newsletter included in the Minnetonka Memo, which is mailed to residents monthly. Copies of the Senior Script are available at the Minnetonka Community Center and posted online at minnetonkamn.gov/seniorservices.

Weekly Email Updates

Minnetonka Senior Services provides weekly email updates about activities, trips, events and volunteer opportunities. To receive weekly updates, please contact Steve Pieh at spieh@minnetonkamn.gov. For monthly senior services emails, please subscribe at minnetonkamn.gov/seniorservices.



Senior Services

Blood Pressure Screenings

First and third Friday and second Wednesday of the month, 9:30-11:30 a.m.

Foot Care Clinic

Fridays at the Community Center - for appointments and fees call Happy Feet at 763-560-5136.

Household and Outside Maintenance for Elderly (H.O.M.E.)

Help with household chores, yard clean-up and snow removal. Call Senior Community Services at 952-746-4046 for more information.

Senior Outreach

Housing, community resources and one-on-one counseling. By appointment only. Contact Sara Roberts with Senior Community Services at 612-868-6720, or s.roberts@seniorcommunity.org.

Transit Link

Transportation from your home to events. Call 651-602-5465 for fees and schedule.

General Programs

Dementia Friends Classes



Learn helpful communication strategies, everyday task tips and conversation hints to engage with those living with dementia.

Day	Date	Time	Cost	Course
Tu	Aug. 3	Noon-1:15 p.m.	Free	4180705-05
Tu	Oct. 5	Noon-1:15 p.m.	Free	4180705-06
Tu	Dec. 7	Noon-1:15 p.m.	Free	4180705-07

Location: Minnetonka Community Center



Memory Café



A Memory Café is a welcoming place for people with dementia and their caregivers to socialize and share experiences.

A licensed social worker from Senior Community Services will conduct a caregiver support group. Hennepin County Library staff will share resources. Hennepin County Master Gardeners Growing Connections will lead a variety of gardening activities.

Learn more at minnetonkamn.gov/dementiafriendly.

Registration is required for each free monthly program. Please register the names of both the participant and caregiver, as both must attend. Pairs may attend one café per month.

August

Day	Date	Time	Cost	Course
Tu	Aug. 10	1-2:30 p.m.	Free	3180701-09

September

Day	Date	Time	Cost	Course
Tu	Sept. 7	1:30-3 p.m.	Free	1180701-01
Tu	Sept. 21	10-11:30 a.m.	Free	1180701-05

October

Day	Date	Time	Cost	Course
Tu	Oct. 5	1:30-3 p.m.	Free	1180701-02
Tu	Oct. 19	10-11:30 a.m.	Free	1180701-06

November

Day	Date	Time	Cost	Course
Tu	Nov. 2	1:30-3 p.m.	Free	1180701-03
Tu	Nov. 16	10-11:30 a.m.	Free	1180701-07

December

Day	Date	Time	Cost	Course
Tu	Dec. 7	1:30-3 p.m.	Free	1180701-04
Tu	Dec. 21	10-11:30 a.m.	Free	1180701-08

Location: Minnetonka Community Center, Minnetonka Mills Room

Defensive Driving

Ages 55 and older

If you've taken a state-approved 8-hour driver safety course, you can renew through this 4-hour refresher course. Bring your driver's license.

To register, call the Minnesota Highway Safety Center at 1-888-234-1294, Monday-Friday 8 a.m.-4 p.m., or register online at mnsafetycenter.org

4-Hour Refresher Class

Day	Date	Time	Cost
Tu	Aug. 3	9 a.m.-1 p.m.	\$24
Th	Aug. 19	9 a.m.-1 p.m.	\$24
Tu	Aug. 31	9 a.m.-1 p.m.	\$24
Tu	Sept. 14	9 a.m.-1 p.m.	\$24
W	Sept. 15	5:30-9:30 p.m.	\$24
Th	Oct. 7	9 a.m.-1 p.m.	\$24
W	Oct. 20	5:30-9:30 p.m.	\$24
Th	Nov. 4	9 a.m.-1 p.m.	\$24
Tu	Nov. 16	9 a.m.-1 p.m.	\$24
Th	Dec. 2	9 a.m.-1 p.m.	\$24
Tu	Dec. 14	9 a.m.-1 p.m.	\$24

8-Hour First Time Class

Day	Date	Time	Cost
Tu, Th	Sept. 7 & 9	5:30-9:30 p.m.	\$28

Location: Minnetonka Community Center, Community Room



Movie & Lunch

Enjoy a movie on the big screen (with subtitles), along with a delicious lunch.

Look for movie titles in our monthly Senior Script.

August

Menu: Brats, corn, watermelon & root beer floats.*

Day	Date	Time	Cost	Course
M	Aug. 23	10:30 a.m.	\$8	3100204-01

Register by Aug. 18.

September

Menu: Wild rice soup, salad, roll & dessert.*

Day	Date	Time	Cost	Course
Tu	Sept. 28	10:30 a.m.	\$8	1100201-01

Register by Sept. 23.

October

Menu: Butternut squash soup, side salad, bread roll & dessert.*

Day	Date	Time	Cost	Course
F	Oct. 29	10:30 a.m.	\$8	1100202-01

Register by Oct. 26.

November

Menu: Roast beef, twice baked potato, glazed carrots & dessert.*

Day	Date	Time	Cost	Course
Tu	Nov. 9	10:30 a.m.	\$8**	1100203-01

Register by Nov. 4.

December

Menu: Chili, cornbread, salad, & dessert.*

Day	Date	Time	Cost	Course
Tu	Dec. 7	10:30 a.m.	\$8	1100204-01

Register by Dec. 2.

*In addition to the advertised meal, gluten free, vegetarian, vegan and/or nut free meals can be requested when registering.

**Veterans Month Programming: Fee waived for veterans and spouses of veterans.

Location: Minnetonka Community Center, Banquet Room

Introduction to Amateur Astronomy: Fall Night Sky Observing

Learn about and observe fall constellations. After an informal lesson, we'll head outside for a high tech stargazing session. Instructor: Patrick Drigans.

Day	Date	Time	Cost	Course
W	Sept. 8	7:30-9 p.m.	\$10	1180301-01
W	Nov. 10	6:30-8 p.m.	\$10	1180301-02

Location: Minnetonka Community Center, Council Chambers

Monthly Party

Join us for good food and good friends at our monthly parties!

Italian Lunch

Menu: Spaghetti & meat sauce, French bread, salad & dessert.*

Day	Date	Time	Cost	Course
F	Sept. 17	Noon	\$8	1100101-01

Register by Sept. 14.

Oktoberfest

Menu: Brats, roasted potatoes, keg root beer & dessert.*

Day	Date	Time	Cost	Course
Tu	Oct. 8	Noon	\$8	1100102-01

Register by Oct. 5.

Thanksgiving

Menu: Turkey, stuffing, mashed potatoes, gravy cranberries, bread roll & dessert.*

Day	Date	Time	Cost	Course
F	Nov. 19	Noon	\$8	1100103-01

Register by Nov. 16.

Holiday Gala

Menu: Ham, scalloped potatoes, green beans, bread roll, & dessert.*

Day	Date	Time	Cost	Course
Tu	Dec. 21	Noon	\$8	1100104-01

Register by Dec. 16.

Location: Minnetonka Community Center, Banquet Room

*In addition to the advertised meal, gluten free, vegetarian, vegan and/or nut free meals can be requested when registering.



Beginning Bridge

Learn bidding, scoring, and all the rules of bridge. Bring a deck of cards, pen and notepad. Instructor: Lee Solee.

Day	Date	Time	Cost	Course
M	Sept. 13-Oct. 18	1-3 p.m.	\$42	1190301-01

Location: Minnetonka Community Center

Fall Hike to Jidana Park

Take a two-mile, round-trip hike from the Minnetonka Community Center to Jidana Park. Enjoy roasting brats over the campfire, with coffee and dessert.

Day	Date	Time	Cost	Course
W	Sept. 22	11 a.m.-1 p.m.	\$4	1190802-01

Location: Meet at the Minnetonka Community Center



Mahjongg

Learn to play the ancient Chinese game of Mahjongg, a tile game of chance and skill. This is a great class for refreshing your skills. Please bring a folder to hold handouts. Instructor: Carole Harris.

Day	Date	Time	Cost	Course
W	Sept. 29-Nov. 10	10 a.m.-noon	\$63	1190201-01

Location: Minnetonka Community Center

Adopt A Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers are dropped off on the four route corners and walk one way, for one mile. The program lasts two to three hours and refreshments and coffee are available at the end. Safety vests, bags and pick-up sticks provided. Registration is required.

Day	Date	Time	Course
W	Sept. 29	1 p.m.	1190601-01

Location: Meet at the Minnetonka Community Center

Traveling Naturalist: Wolves of the Sea (Orcas)

Orcas live and learn from their grandmothers their entire lives. Learn more about the orca and their fascinating subspecies! Presented by Melonie Shipman.

Day	Date	Time	Cost	Course
Th	Nov. 18	10:30-11:30 a.m.	\$5*	1100303-02

*Veterans Month Programing: Fee waived for veterans and spouse of veterans

Location: Minnetonka Community Center

Art Classes

Fun with Watercolor: Fall Brilliance

Beyond Beginners

Students focus on the importance of light, color and shapes in still life, florals and landscapes, capturing the radiance of the season. Class starts with a demo and continues with guidance through the painting process. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Sept.13-Oct. 11	10 a.m.-noon	\$50	1130101-01

Location: Minnetonka Community Center, St. Alban's Room

Fun with Watercolor: Colors of Winter

Beyond Beginners

We'll explore the many shades of snow, as well as seasonal images. Each class starts with a demo and guidance throughout the painting process. Reference images are provided. Supply list provided at registration. Instructor: Vera Kovacovic.

Day	Date	Time	Cost	Course
M	Dec. 6-27	10 a.m.-noon	\$40	1130102-01

Location: Minnetonka Community Center, St. Alban's Room



History Classes

History of Minnetonka Series

The Minnetonka Historical Society presents on a different topic each month from 1-2 p.m. Please see our monthly Senior Script for details.

Day	Date	Time	Cost	Course
W	Sept. 15	1-2 p.m.	\$2	1180202-01
W	Oct. 6	1-2 p.m.	\$2	1180202-02
W	Nov. 3	1-2 p.m.	\$2	1180202-03
W	Dec. 1	1-2 p.m.	\$2	1180202-04

Location: Minnetonka Community Center

British History

Coastal Britain

Visit Britain's Jurassic Coast, investigate 5,000 year old footprints and more! Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Sept. 9-30	1-3 p.m.	\$28	1180101-01

Location: Minnetonka Community Center



Royal Upstairs

Get an inside, firsthand account of royal visits, from the extraordinary food to the extravagant décor and garden preparations. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Oct. 7-28	1-3 p.m.	\$28	1180101-02

Location: Minnetonka Community Center

History's Mysteries

We'll investigate a series of fascinating local legends. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Nov. 4 & 18	1-3 p.m.	\$14	1180101-03

Location: Minnetonka Community Center

Landscape Mysteries

Amazing, ancient forces acted to shape our landscapes. We'll reveal their influences on our past, present and future. Instructor: Terry Kubista.

Day	Date	Time	Cost	Course
Th	Dec. 2-16	1-3 p.m.	\$21	1180101-04

Location: Minnetonka Community Center

Presentations

Dan Hartman's Book Review: He Rides the Open Road

We'll review Dan Hartman's first novel, published in April 2021, that centers on a motorcyclist the people he meets on his many rides. Copies of the book will be provided. Sept. 8: Introduction to the novel and why Dan wrote it. Oct. 6: Book review and discussion.

Day	Date	Time	Cost	Course
W	Sept. 8 & Oct. 6	10:30 a.m.-noon	\$10	1180403-01

Location: Minnetonka Community Center

Estate Planning: Getting Your Ducks in a Row

Learn tips to be more organized while estate planning from a Minnesota elder law attorney. Presenter: Mary Frances Price.

Day	Date	Time	Cost	Course
W	Sept. 15	10:30-11:30 a.m.	\$2	1180408-01

Location: Minnetonka Community Center

Grand Tour of China

"Visit" China's most popular sites, including: Beijing; the Great Wall, Forbidden City and the Temple of Heaven. Presenter: Bill Jepson.

Day	Date	Time	Cost	Course
Tu	Sept. 21	10:30-11:30 a.m.	\$2	1180203-01

Location: Minnetonka Community Center

The Lincoln Assassination: A Fragile Time

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government. Presenter: David Jones.

Day	Date	Time	Cost	Course
Th	Oct. 14	10:30 a.m.-noon	\$4	1180402-01

Location: Minnetonka Community Center, Community Room

Book & Pie SALE

MINNETONKA SENIOR SERVICES, in coordination with the Senior Advisory Board, are thrilled to host the annual book and pie sale!

- Most books are \$1.
- Purchase pie by-the-slice, sloppy joes and coffee.
- If books are still on the shelves after 3 p.m., be sure to stop by for steep discounts at the blow out sale, 3-4 p.m. and pay \$3 for all you can fit in a bag!
- Donate books for the sale Friday, Oct. 22 and Monday, Oct. 25, 9 a.m.-3 p.m.

Tuesday, Oct. 26
11 a.m.-4 p.m.

Minnetonka Community Center
Banquet Room





Veterans Benefits You Didn't Know You Have

We'll discuss benefits available to veterans and their families. Our presenter, Mary Frances Price, is a VA accredited attorney with experience advising veterans on how to access benefits and plan their estates.

Day	Date	Time	Cost	Course
W	Nov. 10	10:30-11:30 a.m.	\$2*	1180410-01

*Veterans Month Programming: Fee waived for veterans and spouses of veterans.

Location: Minnetonka Community Center

Grand Tour of Greece

We'll "visit" some of the most interesting sites in Greece, including Athens, Delphi, Olympia, Mycenae, Epidaurus, Crete, Rhodes, Mykonos and Santorini. Presenter: Bill Jepson.

Day	Date	Time	Cost	Course
Tu	Nov. 16	10:30-11:30 a.m.	\$2*	1180401-01

*Veterans Month Programming: Fee waived for veterans and spouses of veterans.

Location: Minnetonka Community Center

Technology Classes

Windows Computer Basics 101

Windows users only. Not intended for Apple users.

Take this easy and fun introduction to the world of computers! Topics include, but are not limited to: basic computer parts and functions, creating a Word document, email, sending and receiving photos, Google maps, browsing the web, saving favorite sites, the importance of security and more. Laptops and power cords recommended. No tablets, iPads or cellphones. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Oct. 11 & 18	10:30 a.m.-12:30 p.m.	\$18	1180601-01

Location: Minnetonka Community Center





Windows Computer Basics 102

Windows users only. Not intended for Apple users.

Have the basics covered but want to learn more? Take part two of Abbey's computer class to get an advanced look at your computer! Topics include, but are not limited to: working with the Cloud, online banking, transferring, filing and sharing photos, checking out digital books from the library, the Google Chrome web store and more. Laptops and power cords recommended. No tablets, iPads or cellphones. Instructor: Abbey Key.

Day	Date	Time	Cost	Course
M	Dec. 6 & 13	10 a.m.-noon	\$18	1180601-02

Location: Minnetonka Community Center

Fitness

Minnetonka Bike Club

Enjoy Minnetonka's amazing trail system! The bike club provides moderate exercise under safe conditions, and encourages social interaction and friendship-building. We offer three groups, each with a different ability level. Days and times of trips vary. More information is available online at mtkabikers.org.

Day/Time	Date	Cost	Course
Varies	Through October	\$10/year	4120107-01

Location: Varies

Senior Softball League

Ages 70 and older

Our slow-pitch softball has modified rules to allow for competitive play without the risk of serious injury. Registration is accepted throughout the season.

Day	Date	Time	Cost	Course
M, W	June-Oct.	9 a.m.	\$25	3120201-01

Location: Big Willow Park

Over 50 and Fit

Enjoy music and fitness three days a week. This course is taught by volunteers.

Day	Date	Time	Cost	Course
M, W, F	July 2-Dec. 31	9-10 a.m.	\$6/year	4090702-07

Location: Minnetonka Community Center, Banquet Room





Line Dance

Line dancing improves health, enriches memory, reduces stress and increases energy levels. Instructor: Kerry Maus.

Beginner

Day	Date	Time	Cost	Course
Th	Sept. 2-23	2-2:55 p.m.	\$36	1090601-02
Th	Sept. 30-Nov. 4*	2-2:55 p.m.	\$36	1090601-03

*No class Oct. 7 or Oct. 28.

Intermediate

Day	Date	Time	Cost	Course
Th	Sept. 2-23	1-1:55 p.m.	\$36	1090602-01
Th	Sept. 30-Nov. 4*	1-1:55 p.m.	\$36	1090602-02

*No class Oct. 7 or Oct. 28.

Location: Minnetonka Community Center, Purgatory Creek Room

Yoga

These gentle classes are designed to create greater balance, mobility and strength, while breath work and relaxation techniques quiet the mind and reduce stress. It is not necessary to do every posture or movement. Each participant decides what is right for him/her on any given day.

Chair Supported Yoga

Most of chair-supported yoga takes place while seated and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructors: Nancy Holasek (Tu/Th a.m.), Karen Murray (Tu p.m.)

Day	Date	Time	Cost	Course
Tu	Sept. 7-28	9:45-10:45 a.m.	\$24	1090101-01
Th	Sept. 9-30	9:45-10:45 a.m.	\$24	1090101-02
Tu	Oct. 5-26	9:45-10:45 a.m.	\$24	1090101-03
Th	Oct. 7-28	9:45-10:45 a.m.	\$24	1090101-04
Tu	Nov. 2-16	9:45-10:45 a.m.	\$18	1090101-05
Th	Nov. 4-18*	9:45-10:45 a.m.	\$12	1090101-06
Tu	Dec. 7-21	9:45-10:45 a.m.	\$18	1090101-07
Th	Dec. 9-23	9:45-10:45 a.m.	\$18	1090101-08

*No class Nov. 11.

Location: Minnetonka Community Center, Purgatory Creek Room





Intermediate Yoga

This class includes standing and balance postures, as well as guided breath work to release tension, relax and restore the body and calm the mind. Participants should have the ability to get up and down from the floor to complete postures. Please bring a yoga mat to class. Instructor: Nancy Holasek.

Day	Date	Time	Cost	Course
Tu	Sept. 7-28	11 a.m.-noon	\$24	1090201-01
Th	Sept. 9-30	11 a.m.-noon	\$24	1090201-02
Tu	Oct. 5-26	11 a.m.-noon	\$24	1090201-03
Th	Oct. 7-28	11 a.m.-noon	\$24	1090201-04
Tu	Nov. 2-16	11 a.m.-noon	\$18	1090201-05
Th	Nov. 4-18*	11 a.m.-noon	\$12	1090201-06
Tu	Dec. 7-21	11 a.m.-noon	\$18	1090201-07
Th	Dec. 9-23	11 a.m.-noon	\$18	1090201-08

* No class Nov. 11.

Location: Minnetonka Community Center, Purgatory Creek Room

Tranquil Yoga

Return to the ancient roots of yoga through the connection of mind, body and breath. Enhance strength and balance while developing a calming approach to mental and physical wellness. A yoga mat is required. Instructor: Dr. Elizabeth Rowan Keith.

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30	9-10 a.m.	\$48	1090904-01
Sa	Nov. 6-Dec. 18	9-10 a.m.	\$42	1090904-02

Location: Minnetonka Community Center

Guided Imagery Meditation

Calm your mind through guided imagery to achieve a meditative state of respite. Meditation reduces anxiety, promotes clarity and supports the body and mind. Instructor: Dr. Elizabeth Rowan Keith.

Day	Date	Time	Cost	Course
Sa	Sept. 11-Oct. 30	10:20-11 a.m.	\$48	1091101-01
Sa	Nov. 6-Dec. 18	10:20-11 a.m.	\$42	1091101-02

Location: Minnetonka Community Center



T'ai Chi Chih Instruction

New and continuing students welcome

T'ai Chi Chih is a series of 19 simple movements and one pose that form a moving meditation. Slow, gentle, repeated movements alternate with brief pauses, making this practice perfect for all ability levels. Regular practice may result in benefits such as improved balance and flexibility, increased energy and a sense of calm and well-being. Instructor: Susan Sobelson.

Day	Date	Time	Cost	Course
W	Sept. 15-Nov. 3	1-2:15 p.m.	\$40	1090302-01

Location: Minnetonka Community Center, Purgatory Creek Room

T'ai Chi Chih Practice

Advanced

Advanced T'ai Chi Chih students learn to go deeper in their practice. Instructor: Monica Campbell.

Day	Date	Time	Cost	Course
M	Sept. 20-Oct. 25	10-11 a.m.	\$30	1090301-01
F	Sept. 24-Oct. 29	10-11 a.m.	\$30	1090301-02
F	Nov. 5-Dec. 17*	10-11 a.m.	\$30	1090301-03
M	Nov. 8-Dec. 13	10-11 a.m.	\$30	1090301-04

* No class Nov. 26.

Location: Minnetonka Community Center, Purgatory Creek Room



T'ai Chi Chih Sampler

New and continuing students welcome

Learn and review T'ai Chi Chih movements and basic principles. Instructor: Susan Sobelson.

Day	Date	Time	Cost	Course
W	Nov. 10-Dec. 15	1-2:15 p.m.	\$30	1090303-01

Location: Minnetonka Community Center, Purgatory Creek Room



WILLISTON FITNESS CENTER

Williston Fitness Center
14509 Minnetonka Drive, Minnetonka
Phone: 952-939-8370
Fax: 952-939-8380
minnetonkamn.gov/williston

Hours

Monday-Friday: 5:45 a.m.–10 p.m.

Saturday: 6 a.m.–9 p.m.

Sunday: 7:45 a.m.–8 p.m.

Closed on Easter, Memorial Day, July 4, Labor Day,
Thanksgiving, Christmas, New Year's Day

Williston Fitness Center is a city-run facility, and is an exercise and fitness center for the entire community.

Work out in the fitness center with new equipment – treadmills, stationary bikes, elliptical cross trainers, stair climbers, weight machines and free weights.

Programs include aerobics classes, personal training, group cycle classes, baseball and softball training, equipment orientations and a run club.

Amenities

- 5 indoor tennis courts
- 25-yard swimming pool
- Baseball and softball cages
- Basketball court
- Fitness Center
- Group fitness studios
- Meeting/party space
- Splash pad
- Treehouse indoor playground
- Whirlpool and sauna



Membership

Membership is only open to Minnetonka and St. Louis Park residents.

Monthly Membership Rates

Membership	Fee
Individual (22 and older)	\$45
Dual	\$62
Household	\$72
Senior (60 and older)	\$31
Senior Dual	\$45
Student (15-21 years)	\$35

Annual Membership Rates

(paid in full)

Membership	Fee
Individual (22 and older)	\$507
Dual	\$715
Household	\$820
Senior (60 and older)	\$358
Senior Dual	\$507
Student (15-21 years)	\$417

Dual Membership

Dual is considered two people living at the same address, and one individual must be at least 15 years of age or older. If one individual is under the age of 15, the other must be an adult 18+ years of age.

Family Membership

Family is considered one or two adults plus children 21 and under living at the same address.

Youth 14 and younger must join the fitness center with an adult and must be supervised by an adult when using equipment. Youth 12-14 are not permitted to use free weights, machines or cardio equipment until they pass the equipment orientation.

Extra Membership Fees

Membership	Fee
One-time registration fee	\$29
Membership hold/freeze	\$5/month
Upgrade/downgrade	\$5
Insufficient funds/Credit card decline	\$30
Additional adult (more than two in household)	\$10/month

Membership Changes

Changes to your membership must be made by the 15th of the current month in order to take effect the following month.

One-Time Guest Fees

Age	Fee
Ages 0-11 months	Free
Ages 1-14 years	\$6
Ages 15 years and older	\$10

St. Louis Park Residents

St. Louis Park residents are eligible for the Minnetonka resident rate due to a reciprocal agreement between the two cities. (Minnetonka residents are eligible for the St. Louis Park resident rate at the St. Louis Park Aquatics Park.)

Childcare

Drop off your child in a fun, safe environment while you work out! Children enjoy playtime with arts and crafts, toys and movies.

Parents and guardians must stay in the facility while children are in childcare. There is a two-hour maximum with, a \$5 late fee if you exceed two hours.

Childcare Hours (Sept.-May)

Monday-Friday	8:45 a.m.-noon
Monday-Thursday	4-7 p.m.
Saturday and Sunday	7:45 a.m.-1 p.m.

Childcare Fees

With a Family Membership: Free for the first 75 minutes; \$3/hour per child for each additional hour, billed in 15-minute increments.

Nonmember: \$4/hour per child.

Pickleball

Indoor Courts

October through May.

Please bring your own paddle for use.

Williston Fitness Center, SilverSneakers, Renew Active and Silver&Fit members are free. Nonmembers pay \$5 per day.

Day	Time
M-Th	6-9:30 a.m.
F	6-9 a.m.
Sa	6-9:30 a.m.

*Dec. 2-3, 6-10, 13-17 start time is 7:30 a.m. due to other programming

Location: Williston Center

Outdoor Courts

Drop in and play for free at any of our eight pickleball courts at Lone Lake Park, from May through early October, weather permitting.

Williston Fitness Center Group Fitness Classes

Williston Fitness Center offers over 100 fitness classes per week. All are included with membership or daily admission.

Visit minnetonkamn.gov/fitness to view the current group fitness schedule.

Personal Training

Personal training is an excellent investment in your health and wellness! One-on-one attention from a trainer includes a personalized aerobic and strength program. Participants learn about anatomy, physiology and nutrition. Call 952-939-8375 for more information.

Fee	1 session	4 sessions	8 sessions	12 sessions
Member	\$62	\$228	\$416	\$564
Nonmember	\$72	\$268	\$496	\$684

Semi-Private and Group Personal Training

Designed for groups of two to four ready and willing to train together. Participants must form group before registration.

Fee	1 session	4 sessions	8 sessions	12 sessions
Member	\$80	\$273	\$485	\$640
Nonmember	\$95	\$333	\$605	\$812

New Member Special

Jump on this great personal training package, including three sessions, for a great price. Offer valid for all new Williston members. One time purchase only.

Fee: \$130

Nutrition Coaching

14 years and older

Work with a registered dietitian to develop a personal meal plan for a healthy lifestyle.

Individual Session: Member \$50, Nonmember \$60

3 Sessions: Member \$120, Nonmember \$130

Wellness Coaching

14 years and older

Meet with a fitness professional to assess your goals and support your path to healthy living.

Individual Session: Member \$50, Nonmember \$60

3 Sessions: Member \$120, Nonmember \$130

Fitness Assessments

Find your baseline measurements of flexibility, endurance, muscular strength, body composition and cardiovascular fitness. Results are reviewed and used to create a personalized fitness plan.

Member \$45, Nonmember \$65

Equipment Orientations

12 years and older

Receive an equipment orientation and learn how to safely and effectively use our fitness equipment.

After completing the orientation, 12- to 14-year-olds gain full access to the fitness center.

Weekly appointments are offered and last approximately 45 minutes.

Please see the Williston Fitness Center reception desk to complete an equipment orientation request form.

Individual: \$35

Two or more participants: \$50

Williston Run Club

The Williston Run Club is an all-inclusive community for runners. Whether you're a seasoned marathoner, participating in your first race or simply interested in building a solid running practice, we'd love to have you with us.

Training workouts include hill work, speed work, pacing and building your long run. Specific training plans and integrated core, strength and flexibility training are available upon request.

Practices are Mondays and Wednesdays at 6 p.m., and Saturdays at 8 a.m.

Childcare is available for run club members. Member \$3/hour (after 75 minutes) and \$4/hour for nonmembers.

Bring a positive attitude and readiness to run!

Visit minnetonkamn.gov/runclub for more information.

Three Day Training

Day	Date	Time	Fee	Course
M, W, Sa	Sept. 1-Dec. 29	6 p.m. (M,W) 8 a.m. (Sa)	\$25	1060502-01

Saturdays Only

Day	Date	Time	Fee	Course
Sa	Sept. 4-Dec. 18	8 a.m.	\$12.50	1060502-02

Location: Williston Fitness Center

Size: Max. 20

TRX Circuit Training

Ages 18 and older

Maximize your workouts with high intensity, powerful movements and fast tempos. This class offers timed interval sets combining TRX and cardio drills. Guaranteed to keep your heart rate pumping and burn mega calories while engaging in intense body conditioning.

Day	Dates	Time	Member/ Nonmember Fee	Course
Th	Sept. 2-30	6-6:45 p.m.	\$31.50/\$37.50	1060201-01
Th	Oct. 7-28	6-6:45 p.m.	\$25/\$30	1060201-02
Th	Nov. 4-18	6-6:45 p.m.	\$18.75/\$22.50	1060201-03
Th	Dec. 2-30	6-6:45 p.m.	\$31.50/\$37.50	1060201-04
Su	Sept. 12-26	9:45-10:30 a.m.	\$18.75/\$22.50	1060201-05
Su	Oct. 3-31	9:45-10:30 a.m.	\$25/\$30	1060201-06
Su	Nov. 7-28	9:45-10:30 a.m.	\$25/\$30	1060201-07
Su	Dec. 5-26	9:45-10:30 a.m.	\$25/\$30	1060201-08

Location: Williston Fitness Center, Studio C

Size: Max. 6

12 DAYS OF CHRISTMAS BOOT CAMP

Join our 12-day boot camp and stay fit this holiday season! This special 45-minute class includes cardio, strength training, plyometric drills and a new fitness challenge each day. Class does not meet Saturdays or Sundays.

Monday-Friday • Dec. 2-17 • 6:30-7:15 am • Williston Fitness Center, Gym

Members \$40, Nonmembers \$60 • Course: 1060401-01 • Size: Max. 20

Women on Weights

Ages 18 and older

This class utilizes dumbbells, barbells, steps, stability and core training. This is a perfect opportunity for those who want to learn the proper mechanics of weight training, while focusing on muscular strength, core and endurance.

Day	Dates	Time	Member/ Nonmember Fee	Course
Tu	Sept. 7-28	6-7 p.m.	\$25/\$30	1063701-01
Th	Sept. 2-30	1-2 p.m.	\$31.50/\$37.50	1063701-05
Tu	Oct. 5-26	6-7 p.m.	\$25/\$30	1063701-02
Th	Oct. 7-28	1-2 p.m.	\$25/\$30	1063701-06
Th	Nov. 4-18	1-2 p.m.	\$18.75/\$22.50	1063701-07
Tu	Nov. 2-30	6-7 p.m.	\$31.50/\$37.50	1063701-03
Tu	Dec. 7-28	6-7 p.m.	\$25/\$30	1063701-04
Th	Dec. 2-30	1-2 p.m.	\$31.50/\$37.50	1063701-08

Women on Weights 2 Advanced Class

Day	Dates	Time	Member/ Nonmember Fee	Course
Tu, Th	Sept. 7-30	7-8 p.m.	\$50/\$60	1063701-09
Tu, Th	Oct. 5-28	7-8 p.m.	\$50/\$60	1063701-10
Tu, Th	Nov. 2-30	7-8 p.m.	\$50/\$60	1063701-11
Tu, Th	Dec. 2-30	7-8 p.m.	\$56.25/\$67.50	1063701-12

Location: Williston Fitness Center, Studio C

Size: Max. 6



Commit To Be Fit Weight Loss Challenge

Make changes that will last in this 6-week group challenge.

Program includes:

- Five one-on-one personal training sessions
- Weekly group boot camp with all participants
- Nutrition workshops

Watch for more information in our Winter-Spring Brochure!
Registration opens December 2021.

Williston Fitness Center Junior Tennis Program



The Williston junior tennis program is a Net Generation provider. Net Generation is for kids ages 4-18 and is designed to suit players based on their skill level and developmental readiness. Players learn teamwork, communication, balance, agility, hand-eye coordination, problem solving and reliance, all while having fun and making friends.

When using balls, racquets and court sizes that are age and ability appropriate the benefits are immediate. Within a short time kids are rallying, playing and excited to keep playing. These adjustments make it easier to get into the game and, by making tennis more fun from the start, to stay in the game. Tennis -- the sport of a lifetime!

If your child is a beginner or has no tennis experience, you may register them for a Beginner/Advanced Beginner class without an evaluation. Players new to the program, or those returning from 2020 sessions or prior, must be evaluated before enrolling in Intermediate and Advanced classes. Players who aren't evaluated will be unable to register until an evaluation is completed. Evaluations to notify parents of your child's level for the next session will be sent through email.

If you have questions or would like to schedule a free evaluation, please contact Boris Gonikman bgonikman@minnetonkamn.gov, Williston Fitness Center Junior Program Coordinator.

Tiny Shots

Ages 4-5

Children work on motor skills, movement and balance exercises through games and activities, building a solid foundation for Hot Shots.

Class time: 30 minutes

Hot Shots

Beginner/Advanced Beginner Hot Shots

Ages 5-7

For the player with minimal or no tennis instruction or experience. This is a red ball class on a 36-foot court.

Class time: 45 minutes

Intermediate Hot Shots

Ages 6-8

Minimum requirements: Eight bounce-ups, forehand and backhand correct swing paths and grips, "bump" with another player, good throwing skills, listening and following directions. Evaluation and instructor advance required. This is a red ball class on a 36-foot court.

Class time: 45 minutes

Little Shots

Beginner/Advanced Beginner Little Shots

Ages 7-9

For players with minimal or no tennis instruction or experience. This is a red/orange ball class on a 36/60-foot court.

Class time: 60 minutes

Intermediate Little Shots

Ages 8-10

Minimum requirements: Correct forehand and backhand and swing path, rally six times over net, serve over net, know split step and ready position. Evaluation and instructor advance required. This is an orange ball class on a 60-foot court.

Class time: 90 minutes

Mid Shots

Beginner/Advanced Beginner Mid Shots

Ages 9-13

For the player with minimal or no tennis instruction or experience. This is an orange ball class on a 60-foot court.

Class time: 60 minutes

Intermediate Mid Shots

Ages 10-13

Minimum requirements: Correct forehand and backhand grip and swing path, rally 10 in a row, serve to correct box, "bump" volley to groundstroke, correct stance and grip on serve. Evaluation and instructor advance required. This is an orange ball/green ball class on a 60-78 foot court.

Class time: 90 minutes

Mid Shots Intermediate Drill and Match Play

Ages 10-13

Instruction and live ball play for the intermediate orange/green ball player only. Fundamentals, scoring and strategy are incorporated. Evaluation and instructor advance required. This is an orange ball/green ball class on a 60-78 foot court.

Class time: 90 minutes

Teen Tennis

Beginner/Advanced Beginner

Ages 13-18

Learn the fundamentals of all basic strokes and footwork. Green and yellow balls used to help players learn to rally.

Class time: 60 minutes

Intermediate

Minimum requirements: rallying 6-10 times from the baseline, volleying skills of 5 of 10 over the net and serving with the proper grip to the correct box. Instructors will use feeding drills and live ball drills to introduce game play. Evaluation and instructor advance required.

Class time: 90 minutes



Grand Prix

Grand Prix Intermediate

Ages 12-18

Minimum requirements: Maintain a baseline rally of 10, volley consistently with continental grip and serve to correct box consistently with good swing path and stance. This class works on stroke fundamentals, footwork, court positioning and more play-based drills and games. Evaluation and instructor advance required.

Class time: 90 minutes

Grand Prix Intermediate Match Play

Ages 12-18

Players focus on scoring, rules, court positioning and strategies in singles and doubles play. Evaluation and instructor advance required.

Class time: 90 minutes.

Grand Prix Advanced

Ages 12-18

Minimum requirements: Maintain a half-court rally of 10 with groundstrokes and volleys, place the serve and have beginning knowledge of tactical components of the game. Proper grips and swing paths are required. Learn stroke fundamentals, footwork, court positioning and more play-based drills and games. Evaluation and instructor advance required.

Class time: 90 minutes

Grand Prix Advanced Match Play

Ages 12-18

Players focus on match strategies, court positioning and shot selection in singles and doubles play. Evaluation and instructor advance required.

Class time: 90 minutes

Davis Cup, Williston Competitive Tennis (WCT) & Williston ACE Tennis

Placement in Davis Cup, WCT & Williston ACE Tennis depends on level of play, clinic attendance, tournament play, behavior, effort, attitude and practice outside these programs. Players must be interested in USTA tournament play and willing to play two to three times a week and make tennis a year-round sport. Levels red, orange, green and yellow ball available. For consideration in these programs, please contact Tennis Manager Felicia Raschiatore at 952-939-8368 fraschiatore@minnetonkamn.gov.



Tennis Registration

Session 1

Aug. 3, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer tennis lessons

Aug. 10, 8 a.m. Open to All

Session 2

Sept. 28, 8 a.m. Priority registration for participants registered for Fall Session I tennis lessons

Oct. 5, 8 a.m. Open to All

Junior Tennis

Session 1

Sept. 7-Oct. 24

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Tiny Shots	Tu	Sept. 7-Oct. 19	5:30-6 p.m.	\$57.75/\$71.75	1140201-01
Tiny Shots	Sa	Sept. 11-Oct. 23	2:15-2:45pm	\$57.75/\$71.75	1140201-02

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Hot Shots-Beginner/Advanced Beginner	F	Sept. 10-Oct. 22	4-4:45 p.m.	\$98/\$119	1140202-01
Hot Shots-Beginner/Advanced Beginner	Sa	Sept. 11-Oct. 23	2:45-3:30 p.m.	\$98/\$119	1140202-02
Hot Shots-Intermediate	F	Sept. 10-Oct. 22	4-4:45p.m.	\$98/\$119	1140203-01
Hot Shots-Intermediate	Sa	Sept. 11-Oct. 23	2:45-3:30 p.m.	\$98/\$119	1140203-02

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Little Shots-Beginner/Advanced Beginner	W	Sept. 8-Oct. 20	5-6 p.m.	\$98/\$119	1140204-01
Little Shots-Beginner/Advanced Beginner	F	Sept. 10-Oct. 22	4:45-5:45 p.m.	\$98/\$119	1140204-02
Little Shots-Beginner/Advanced Beginner	Sa	Sept. 11-Oct. 23	9-10 a.m.	\$98/\$119	1140204-03
Little Shots-Beginner/Advanced Beginner	Su	Sept. 12-Oct. 24	3:30-4:30 p.m.	\$98/\$119	1140204-04
Little Shots-Intermediate	Sa	Sept. 11-Oct. 23	11 a.m.-12:30 p.m.	\$138.25/\$166.25	1140205-01
Little Shots-Intermediate	Su	Sept. 12-Oct. 24	5-6:30 p.m.	\$138.25/\$166.25	1140205-02

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Mid Shots-Beginner/Advanced Beginner	W	Sept. 8-Oct. 20	5-6 p.m.	\$98/\$119	1140207-01
Mid Shots-Beginner/Advanced Beginner	F	Sept. 10-Oct. 22	4:45-5:45 p.m.	\$98/\$119	1140207-02
Mid Shots-Beginner/Advanced Beginner	Su	Sept. 12-Oct. 24	3:30-4:30 p.m.	\$98/\$119	1140207-03
Teen Beginner/Advanced Beginner	Sa	Sept. 11-Oct. 23	10-11 a.m.	\$98/\$119	1140215-01
Mid Shots-Intermediate	F	Sept. 10-Oct. 22	4:45-6:15 p.m.	\$138.25/166.25	1140208-01
Mid Shots-Intermediate	Sun	Sept. 12-Oct. 24	12:30-2 p.m.	\$138.25/\$166.25	1140208-02
Mid Shots-Intermediate	Su	Sept. 12-Oct. 24	3:30-5 p.m.	\$138.25/\$166.25	1140208-03
Mid Shots-Intermediate Drill and Match Play	Sa	Sept. 11-Oct. 23	11 a.m.-12:30 p.m.	\$175/\$203	1140209-01
Teen Intermediate	Th	Sept. 9-Oct. 21	4:30-6 p.m.	\$138.25/166.25	1140216-01
Teen Intermediate	Sa	Sept. 11-Oct. 23	12:30-2 p.m.	\$138.25/\$166.25	1140216-03

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Grand Prix Intermediate	Tu	Sept. 7-Oct. 19	4-5:30 p.m.	\$138.25/\$166.25	1140210-01
Grand Prix Intermediate	Sa	Sept. 11-Oct. 23	3:30-5 p.m.	\$138.25/\$166.25	1140210-02
Grand Prix Intermediate Drill and Match Play	Su	Sept. 12-Oct. 24	2-3:30 p.m.	\$175/\$203	1140211-02
Grand Prix Advanced	Tu	Sept. 7-Oct. 19	5:30-7 p.m.	\$168/\$196	1140212-01
Grand Prix Advanced	W	Sept. 8-Oct. 20	7:30-9 p.m.	\$168/\$196	1140212-02
Grand Prix Advanced Match Play	Su	Sept. 12-Oct. 24	12:30-2 p.m.	\$175/\$203	1140213-01
Davis Cup (Invite Only)	M	Sept. 13-Oct. 18	4-5:30 p.m.	\$144/\$168	
Davis Cup (Invite Only)	W	Sept. 8-Oct. 20	6-7:30 p.m.	\$168/\$196	

Location: Williston Fitness Center

Junior Tennis

Session 2

Oct. 25-Dec. 19

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Tiny Shots	Tu	Oct. 26-Dec. 14	5:30-6 p.m.	\$66/\$82	1140201-03
Tiny Shots	Sa	Oct. 30-Dec. 18*	2:15-2:45pm	\$57.75/\$71.75	1140201-04

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Hot Shots-Beginner/Advanced Beginner	F	Oct. 29-Dec. 17*	4-4:45 p.m.	\$98/\$119	1140202-03
Hot Shots-Intermediate	F	Oct. 29-Dec. 17*	4-4:45p.m.	\$98/\$119	1140203-03
Hot Shots-Beginner/Advanced Beginner	Sa	Oct. 30-Dec. 18*	2:45-3:30 p.m.	\$98/\$119	1140202-04
Hot Shots-Intermediate	Sa	Oct. 30-Dec. 18*	2:45-3:30 p.m.	\$98/\$119	1140203-04

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Little Shots-Beginner/Advanced Beginner	W	Oct. 27-Dec. 15	5-6 p.m.	\$112/\$136	1140204-05
Little Shots-Beginner/Advanced Beginner	F	Oct. 29-Dec. 17*	4:45-5:45 p.m.	\$98/\$119	1140204-06
Little Shots-Beginner/Advanced Beginner	Sa	Oct. 30-Dec. 18*	9-10 a.m.	\$98/\$119	1140204-07
Little Shots-Beginner/Advanced Beginner	Su	Oct. 31-Dec. 19*	3:30-4:30 p.m.	\$98/\$119	1140204-08
Little Shots-Intermediate	Sa	Oct. 30-Dec. 18*	11 a.m.-12:30 p.m.	\$138.25/\$166.25	1140205-04
Little Shots-Intermediate	Su	Oct. 31-Dec. 19*	5-6:30 p.m.	\$138.25/\$166.25	1140205-05
Mid Shots-Beginner/Advanced Beginner	W	Oct. 27-Dec. 15	5-6 p.m.	\$112/\$136	1140207-04
Mid Shots-Beginner/Advanced Beginner	F	Oct. 29-Dec. 17*	4:45-5:45 p.m.	\$98/\$119	1140207-05
Mid Shots-Beginner/Advanced Beginner	Su	Oct. 31-Dec. 19*	3:30-4:30 p.m.	\$98/\$119	1140207-06
Teen Beginner/Advanced Beginner	Sa	Oct. 30-Dec. 18*	10-11 a.m.	\$98/\$119	1140215-02

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Mid Shots-Intermediate	F	Oct. 29-Dec. 17*	4:45-6:15 p.m.	\$138.25/\$166.25	1140208-04
Mid Shots-Intermediate	Su	Oct. 31-Dec. 19*	12:30-2 p.m.	\$138.25/\$166.25	1140208-05
Mid Shots-Intermediate	Su	Oct. 31-Dec. 19*	3:30-5 p.m.	\$138.25/\$166.25	1140208-06
Mid Shots-Intermediate Drill & Match Play	Sa	Oct. 30-Dec. 18*	11 a.m.-12:30 p.m.	\$175/\$203	1140209-02
Teen Intermediate	Th	Oct. 28-Dec. 16*	4:30-6 p.m.	\$138.25/\$166.25	1140216-04
Teen Intermediate	Sa	Oct. 30-Dec. 18*	12:30-2 p.m.	\$138.25/\$166.25	1140216-06

Course Name	Day	Date	Time	Member/ Nonmember Fee	Course
Grand Prix Intermediate	Tu	Oct. 26-Dec. 14	4-5:30 p.m.	\$158/\$190	1140210-03
Grand Prix Intermediate	Sa	Oct. 30-Dec. 18*	3:30-5 p.m.	\$138.25/\$166.25	1140210-04
Grand Prix Intermediate Drill and Match Play	Su	Oct. 31-Dec. 19*	2-3:30 p.m.	\$175/\$203	1140211-04
Grand Prix Advanced	Tu	Oct. 26-Dec. 14	5:30-7 p.m.	\$192/\$224	1140212-03
Grand Prix Advanced	W	Oct. 27-Dec. 15	7:30-9 p.m.	\$192/\$224	1140212-04
Grand Prix Advanced Match Play	Su	Oct. 31-Dec. 19*	12:30-2 p.m.	\$175/\$203	1140213-02
Davis Cup (Invite Only)	M	Oct. 25-Dec. 13	4-5:30 p.m.	\$192/\$224	
Davis Cup (Invite Only)	W	Oct. 27-Dec. 15	6-7:30 p.m.	\$192/\$224	

*No class Nov. 25, 26, 27 or 28.

Location: Williston Fitness Center

Williston Competitive Tennis (WCT)

Session 1 & 2

Course Name	Day	Date	Time	Member/ Nonmember Fee
WCT Level 1	W, F	Sept. 8-Dec. 17*	4:30-6 p.m. (W), 5:45-7:15 p.m. (F)	\$696/\$812
WCT Level 2	Tu, Th	Sept. 7-Dec. 16*	4:30-6 p.m.	\$696/\$812
WCT Level 3	Tu, Th	Sept. 7-Dec. 16*	6-7 p.m. (Tu), 6-7:30 p.m. (Th)	\$696/\$812

*No class Nov. 25 or 26.

Williston ACE Tennis

Session 1

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Sept. 13-Oct. 18	5:30-7:30 p.m.	\$252/\$276
Williston ACE Tennis	Tu	Sept. 7-Oct. 19	9-10:30 p.m.	\$210/\$238
Williston ACE Tennis	W	Sept. 8-Oct. 20	7:30-9:30 p.m.	\$294/\$322

Session 2

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Oct. 25-Dec. 13	5:30-7:30 p.m.	\$336/\$368
Williston ACE Tennis	Tu	Oct. 26-Dec. 14	9-10:30 p.m.	\$240/\$272
Williston ACE Tennis	W	Oct. 27-Dec. 15	7:30-9:30 p.m.	\$336/\$368



Williston Fitness Center Men's Evening Singles League

The league begins the week of Sept. 13 and runs through mid-December, depending on the number of participants.

Each player is guaranteed 10 matches, and results are posted bi-weekly. Balls are provided and courts are reserved. Start times for matches are 5:30 and 7 p.m., and match length is 90 minutes.

A 24-hour cancellation is required if you are unable to play. Matches can be rescheduled when courts are available.

Contact Dave Wolden, men's tennis coordinator, for questions about registration, format or rules at 952-939-8377, or dwolden@minnetonkamn.gov.

League fees are nonrefundable after Sept. 11.

Course Name	Day	Time	Member/ Nonmember Fee	Course
3.5 Singles	M	5:30-8:30 p.m.	\$180/\$220	1140501-02
4.0+ Singles	M	5:30-8:30 p.m.	\$180/\$220	1140501-03



Aquatics Registration

Session 1

Aug. 4, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer swimming lessons

Aug. 10, 8 a.m. Open to all

Session 2

Sept. 29, 8 a.m. Priority registration for participants registered for Fall I Swimming Lessons

Oct. 6, 8 a.m. Open to all

Swim Lesson Policies

The goal of the aquatics program is for the student to continually make progress. Each class is structured to build on the skills learned in the previous class. Adjustments may be made to the program to ensure your child has the best swim lesson experience. Children are encouraged to repeat a class if they are not ready to move on to the next level. Instructors will strive to challenge children throughout the session.

Registration

Parents may only register a child for one swim class per session. Advancement to the next level is contingent upon the instructor's recommendation. Parents are notified by the fifth lesson if children are ready to move on to the next level or not. Online registrations are closely monitored to ensure adherence to this policy.

Waitlists

Participants can be placed on a specific waitlist if the desired class is full. Staff will contact parents when and if an opening occurs. Please do not put your child on waitlists for different levels. This is monitored and staff will delete the higher waitlisted levels.

Transfer fee

If children are registered in an incorrect level and a transfer is requested there will be an additional \$35 transfer fee, provided that there is a spot available. If classes are full, participants are withdrawn and provided a pro-rated refund. Avoid transfer fees by attending one of the free level assessments to learn which level is appropriate for your child.

Refunds

There are no refunds for missed classes. If the class is canceled by the instructor, participants will be notified and a credit will be applied to the participant's account. A doctor's note is required if your child is not able to continue with lessons during a session.

Swim Lesson Locations

Swim lesson are held at the Williston Fitness Center and Hopkins West Junior High.

Hopkins West Junior High

3830 Baker Road, Minnetonka

952-988-4400

Locker Room Policy

To protect the privacy of participants, children five years of age and older may not enter the locker room of the opposite sex. Please plan accordingly when registering for swim lessons and use discretion when bringing younger children of the opposite sex into the locker room. There are no family locker rooms.

Pool Temperature

Please be aware that the water and air temperature is cooler than at Williston Fitness Center. A swim shirt is highly recommended. If the participant does well with fewer distractions, then West Junior High is a good location for swim lessons. The facility also has two diving boards, as well as a saline water solution.

Aquatics Class Descriptions

Aquatots

Ages 6 months–3 years with adult

- Structured lessons of basic water orientation designed to guide the adult in teaching skills to their child through games and songs
- Swim diapers must be worn in the pool
- May be repeated more than once

Tadpole

Ages 3–5

- Focus on trust and submersion
- Goal of course: ask permission before entering water and relaxed submersion for 5 seconds then come up for breathe
- Gentle and slow pace with very basic skills taught through games and songs
- No prior swimming lessons required

Frog

Ages 4 and older

- Focus on body position and air recovery
- Goal of course:
 - put on lifejacket, float on back, kick 20 feet
 - jump in, submerge, recover for air, roll on back for 5 seconds
- Prerequisites: Must pass Tadpole

Sea Turtle

Ages 4 and older

- Focus on forward movement and direction change
- Goal of course:
 - Use flotation to help someone who is in trouble in water
 - Jump in, submerge, recover for air, kick and pull forward 10 ft on front or back, change direction and return to wall, using swim-roll-swim to breathe
- Prerequisites: Must pass Frog

Jellyfish

Ages 4 and older

- Focus on rotary movement
- Goal of course:
 - Tread water 15 seconds
 - Jump in, recover to side glide, kick 10 ft
- Prerequisites: Must pass Sea Turtle

Angelfish

Ages 4 and older

- Focus on integrated movement
- Goal of course:
 - Survival float and tread water for 30 seconds
 - Start in side glide, swim overarm pulls with kick 30 ft with 1-2-3 breathe pattern
- Prerequisites: Must pass Jellyfish

Stingray

Ages 5 and older

- Focus on freestyle stroke
- Goal of course: Swim freestyle 30 ft with body stretched out and consistent form
- Prerequisites: Must pass Angelfish

Seal

Ages 6 and older

- Focus on backstroke
- Goal of course: Swim backstroke 30 ft with straight arm recovery, body roll, good arm and body extensions
- Prerequisites: Must pass Stingray

Sea Otter

Ages 6 and older

- Focus on butterfly stroke
- Goal of course: Swim 4 strokes butterfly with only one breath, then swim freestyle for the remainder of the pool length
- Prerequisites: Must pass Seal

Shark

Ages 7 and older

- Focus on breaststroke
- Goal of course: Swim breaststroke 30 ft with good timing and extension
- Prerequisites: Must pass Sea Otter



Dolphin

Ages 7 and older

- Focus on Endurance
- Goal of course:
 - Swim freestyle 50 yards with rolling body motion, high elbow recovery, body stretch
 - Swim backstroke 50 yards with rolling body motion, straight arm recovery, body stretch
 - Swim butterfly 25 yards with dolphin body motion, straight arm recovery, body stretch
 - Swim breaststroke 50 yards with proper timing, body stretch
 - Perform freestyle and backstroke flip turns, butterfly and breaststroke open turns
- Prerequisites: Must pass Shark

Private Lessons

Ages 3 and older

Private one-on-one lessons are geared toward the specific goal of the student.

Adult Lessons

Ages 18 and older

- Focus on basic swimming skills and comfort in the water
- Develop fundamental swim skills, basic stroke development and safety

Swim Level Assessments

Register for a free five-minute assessment that allows swim instructors to determine the appropriate swim level for your child.

Children should be in a swimsuit and on the pool deck by their designated appointment time.

Assessments are recommended for children who have not had swimming lessons for more than three months.

Pre-registration is required. Appointments are scheduled at 15-minute intervals with a maximum of two children per time. Time slots are canceled if there are no pre-registrations. To register, call 952-939-8203 or visit minnetonkamn.gov/register.

Swimming Lesson Skill Assessments

Day	Date	Time
Sa	July 31, Sept. 25 & Oct. 2	1 p.m.-4 p.m.
Su	Aug. 1, Sept. 26 & Oct. 3	Noon-2 p.m.

Location: Williston Fitness Center



Session 1 Aquatics

Saturdays

Session 1

Sept. 11–Oct. 16

Number of Classes: 6

Class	Time	Cost	Course
Frog	8:45–9:25 a.m.	\$48	1030301-01
Aquatots	8:55–9:25 a.m.	\$41	1030101-01
Sea Turtle	9:30–10:10 a.m.	\$48	1030501-01
Jellyfish	9:30–10:10 a.m.	\$48	1030601-01
Stingray	10:15–10:55 a.m.	\$48	1030801-01
Seal	10:15–10:55 a.m.	\$48	1030901-01
Angelfish	11–11:40 a.m.	\$48	1030701-01
Sea Otter	11–11:40 a.m.	\$48	1031001-01
Jellyfish	11:45 a.m.–12:25 p.m.	\$48	1030601-02
Angelfish	11:45 a.m.–12:25 p.m.	\$48	1030701-02
Stingray	12:30–1:10 p.m.	\$48	1030801-02
Shark	12:30–1:10 p.m.	\$48	1031101-01

Location: Hopkins West. Jr. High

Sundays

Session 1

Sept. 12–Oct. 17

Number of Classes: 6

Class	Time	Cost	Course
Aquatots	12:40–1:10 p.m.	\$41/\$52	1030101-02
Frog	12:30–1:10 p.m.	\$48/\$59	1030301-02
Tadpole	1:15–1:45 p.m.	\$41/\$52	1030201-01
Sea Turtle	1:15–1:55 p.m.	\$48/\$59	1030501-02
Angelfish	1:15–1:55 p.m.	\$48/\$59	1030701-03
Tadpole	2–2:30 p.m.	\$41/\$52	1030201-02
Frog	2–2:40 p.m.	\$48/\$59	1030301-03
Private	2–2:40 p.m.	\$160/\$185	1031201-01
Tadpole	2:45–3:15 p.m.	\$41/\$52	1030201-03
Sea Otter	2:45–3:25 p.m.	\$48/\$59	1031001-02
Stingray	2:45–3:25 p.m.	\$48/\$59	1030801-03
Sea Turtle	3:30–4:10 p.m.	\$48/\$59	1030501-03
Frog	3:30–4:10 p.m.	\$48/\$59	1030301-04

Sundays (Session 1 continued)

Private	3:30–4:10 p.m.	\$160/\$185	1031201-02
Jellyfish	4:15–4:55 p.m.	\$48/\$59	1030601-03
Seal	4:15–4:55 p.m.	\$48/\$59	1030901-02
Sea Turtle	4:15–4:55 p.m.	\$48/\$59	1030401-04
Aquatots	5–5:30 p.m.	\$41/\$52	1030101-03
Stingray	5–5:40 p.m.	\$48/\$59	1030801-04
Sea Turtle	5:45–6:25 p.m.	\$48/\$59	1030501-05
Angelfish	5:45–6:25 p.m.	\$48/\$59	1030701-04
Jellyfish	5:45–6:25 p.m.	\$48/\$59	1030601-04
Frog	6:30–7:10 p.m.	\$48/\$59	1030401-05
Seal	6:30–7:10 p.m.	\$48/\$59	1030901-03
Sea Otter	6:30–7:10 p.m.	\$48/\$59	1031001-03

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

Wednesday Evenings

Session 1

Sept. 15–Oct. 20

Number of Classes: 6

Class	Time	Cost	Course
Tadpole	5:45–6:25 p.m.	\$41/\$52	1030201-04
Frog	5:45–6:25 p.m.	\$48/\$59	1030301-06
Sea Otter	6:30–7:10 p.m.	\$48/\$59	1031001-04
Adult	6:30–7:10 p.m.	\$48/\$59	1031501-01

Location: Williston Fitness Center



Session 2 Aquatics

Saturdays

Session 2

Oct. 30-Dec. 18*

*No lessons Nov. 27.

Number of Classes: 7

Class	Time	Cost	Course
Frog	8:45-9:25 a.m.	\$55	1030301-07
Aquatots	8:55-9:25 a.m.	\$47/\$60	1030101-04
Sea Turtle	9:30-10:10 a.m.	\$55	1030501-06
Jellyfish	9:30-10:10 a.m.	\$55	1030601-06
Stingray	10:15-10:55 a.m.	\$55	1030801-06
Seal	10:15-10:55 a.m.	\$55	1030901-04
Angelfish	11-11:40 a.m.	\$55	1030701-06
Sea Otter	11-11:40 a.m.	\$55	1031001-05
Jellyfish	11:45 a.m.-12:25 p.m.	\$55	1030601-07
Sea Turtle	11:45 a.m.-12:25 p.m.	\$55	1030501-07
Stingray	12:30-1:10 p.m.	\$55	1030801-07
Shark	12:30-1:10 p.m.	\$55	1031101-02

Location: Hopkins West. Jr. High

Sundays

Session 2

Oct. 31-Dec. 19*

*No lessons Nov. 28.

Number of Classes: 7

Class	Time	Cost	Course
Aquatots	12:40-1:10 p.m.	\$47/\$60	1030101-05
Frog	12:30-1:10 p.m.	\$55/\$67	1030301-08
Tadpole	1:15-1:45 p.m.	\$46/\$58	1030201-05
Sea Turtle	1:15-1:55 p.m.	\$55/\$67	1030501-08
Angelfish	1:15-1:55 p.m.	\$55/\$67	1030701-07
Frog	2-2:40 p.m.	\$55/\$67	1030301-09
Jellyfish	2-2:40 p.m.	\$55/\$67	1030601-08
Private	2-2:40 p.m.	\$185/\$210	1031201-03
Tadpole	2:45-3:15 p.m.	\$46/\$58	1030201-06
Seal	2:45-3:25 p.m.	\$55/\$67	1030901-05
Stingray	2:45-3:25 p.m.	\$55/\$67	1030801-08



Sundays (Session 2 continued)

Sea Turtle	3:30-4:10 p.m.	\$55/\$67	1030501-09
Frog	3:30-4:10 p.m.	\$55/\$67	1030301-10
Private	3:30-4:10 p.m.	\$185/\$210	1031201-04
Jellyfish	4:15-4:55 p.m.	\$55/\$67	1030601-09
Seal	4:15-4:55 p.m.	\$55/\$67	1030901-06
Sea Otter	4:15-4:55 p.m.	\$55/\$67	1031001-06
Aquatots	5-5:30 p.m.	\$47/\$60	1030101-06
Stingray	5-5:40 p.m.	\$55/\$67	1030801-09
Sea Turtle	5:45-6:25 p.m.	\$55/\$67	1030501-10
Angelfish	5:45-6:25 p.m.	\$55/\$67	1030701-08
Jellyfish	5:45-6:25 p.m.	\$55/\$67	1030601-10
Frog	6:30-7:10 p.m.	\$55/\$67	1030301-11
Sea Otter	6:30-7:10 p.m.	\$55/\$67	1031001-07
Shark	6:30-7:10 p.m.	\$55/\$67	1031101-03

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

Wednesday Evenings

Session 2

Nov. 3-Dec. 22*

*No lessons Nov. 24.

Number of Classes: 7

Tadpole	5:45-6:25 p.m.	\$47/\$60	1030201-07
Frog	5:45-6:25 p.m.	\$55/\$67	1030301-12
Sea Otter	6:30-7:10 p.m.	\$55/\$67	1031001-08
Adult	6:30-7:10 p.m.	\$55/\$67	1031501-02

ICE SKATING

Ice Arena

3401 Williston Road

Minnetonka, MN 55345

952-939-8310

minnetonkamn.gov/icearena

Public Skating

Adult: \$4

Student: \$3

Skate Rental: \$2

Hours

Tuesday, Wednesday, Thursday: 11:30 a.m.–1 p.m.

Friday: 6:15–7:45 p.m.

Sunday: 1:00–2:30 p.m.

Public skate hours are subject to change.

Sign up for updates and learn more at

minnetonkamn.gov/publicskating

Adult Open Hockey

Adult: \$5 (Goalies are free)

Hours

Monday and Friday: 11:30 a.m.–1 p.m.

Local Organizations at the Minnetonka Ice Arena

Adult Hockey

Minnesota Showcase Hockey

showcasehockey.com

Figure Skating

Lake Minnetonka Figure Skating Club

lmfsc.org

Girls Hockey

Home of Hopkins/Park Girls High School Hockey Team

hopkinsschools.org

Youth Hockey

Hopkins Youth Hockey Association

hopkinshockey.com

Minnetonka Youth Hockey Association

tonkahockey.org



Skating Lessons

Learn-to-Skate USA makes skating fun and safe for all, while building solid skill progression and growing self-esteem. Visit learntoskateusa.com for more information.

Skating Fundamentals

Ages 3-5

Level programs allow skaters to build confidence as they learn to skate. Classes are designed to help children six and younger develop the ABC'S (Agility, Balance, Coordination and Speed) of movement.

Snowplow Sam 1

- No prior skating experience; need help marching across the ice
- Stand, fall and move across the ice
- Helmets required

Snowplow Sam 2

- Must have passed Snowplow Sam 1, or can confidently skate across the ice without assistance
- Begin gliding, dips while moving, stopping
- Helmets required

Snowplow Sam 3

- Must have passed Snowplow Sam 2
- Forward and backwards swizzles and one foot glides
- Helmets required

Snowplow Sam 4

- Must have passed Snowplow Sam 3
- Refinement of forward and backward skating and two foot turns
- Helmets required

Hockey Skating Skills

Ages 6 and older

The hockey curriculum is designed to teach the fundamentals of hockey skating, without sticks or pucks. In the four badge levels, skaters increase agility and proper technique and learn basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals of hockey skating. **NO STICKS OR PUCKS USED IN THIS CLASS. PARTICIPANTS MUST WEAR HOCKEY SKATES.**

We encourage participants with no previous lesson experience to take the Basic 1 class prior to registering for Hockey Skating Skills.

Hockey 1

- Introduction to hockey skating for the beginning skater
- Learn to stroke, glide and do forward swizzles across the ice
- Helmets required

Hockey 2

- Must have passed Hockey 1
- Learn proper edge and pushing technique for forward and backward skating
- Beginning stops
- Helmets required

Hockey 3

- Must have passed Hockey 2
- Learn proper edge and pushing technique for forward cross-overs
- Alternating inside and outside edges, backward stops introduced
- Helmets required

Hockey 4

- Must have passed Hockey 3
- Refinement of forward and backward cross-overs
- Introduction to quick starts and hockey stops
- Helmets required

Basic Skills

Ages 6 and older

Basic Skills programs provide the fundamentals of skating and the best foundation for figure skating and hockey skating skills. Six progressive levels teach skaters to move confidently and advance to specialized skating. Skaters progress at their own rate and advance after skills are mastered.

NOTE: If you register for a group lesson class (Basic 3 through Free Skate 4) *and* Tricks & Twirls, you will receive a discounted rate of \$210.00. **IMPORTANT:** To obtain this discount when registering online, you must add the Tricks & Twirls class **AFTER** you add the group class.

Basic 1

- No previous lesson experience, or have not passed Pre-Alpha or Basic 1
- Learn to move forward, balance and glide, introduction to backward skating
- Helmets required

Basic 2

- Must have passed Basic 1 and wear figure skates
- Learn forward stroking, stopping, one foot glides and refinement of backward skating
- Helmets required

Basic 3

- Must have passed Basic 2 and wear figure skates
- Learn proper edge control and push for forward cross-overs
- Introduction to backward stopping

Basic 4

- Must have passed Basic 3 and wear figure skates
- Learn forward cross-overs and proper pushing technique for backward cross-overs

Basic 5

- Must have passed Basic 4 and wear figure skates
- Learn backward cross-overs, hockey stops and outside edge 3-turns

Basic 6

- Must have passed Basic 5 and wear figure skates
- Learn inside edge 3-turns, backward stroking, T-Stops and more

Pre-Free Skate

- Passed Basic 6 and wear figure skates
- Learn inside edge Mohawks, backward to forward transitions, beginning jumps and 1 foot spins

Figure Skating

Each free skate level contains a variety of progressive skating skills, transitions, spins and jumps – all of which build on the fundamentals, providing skaters a strong foundation. Instruction is focused on quality and mastery of skills.

NOTE: If you register for a group lesson class (Basic 3 through Free Skate 4) *and* Tricks & Twirls, you will receive a discounted rate of \$210.00. **IMPORTANT:** To obtain this discount when registering online, you must add the Tricks & Twirls class **AFTER** you add the group class.

Free Skate 1

- Must have passed Pre-Free Skate
- Continuation of edge work and three turns
- Introduction to spinning and beginning jumps

Free Skate 2

- Must have passed Free Skate 1
- Continuation of beginning jumps and spins as well as edge work and spirals

Free Skate 3

- Must have passed Free Skate 2
- Participants will learn footwork sequences and more advanced jumps and spins

Free Skate 4

- Must have passed Free Skate 3
- Participants will learn power threes, sit spins and more advanced jumps

Free Skate 5

- Must have passed Free Skate 4
- Introduction to advanced footwork, camel spins and jump combinations

Free Skate 6

- Must have passed Free Skate 5
- Continuation of advanced footwork and introduction to combination spins
- Axel jump

Advanced Free Skate

- Must have passed Free Skate 6
- Introduction to double jumps and advanced spin techniques

Supplemental Figure Skating

Tricks & Twirls

- Skaters who have passed Basic 2 are invited to participate in a class to learn figure skating tricks.
- Beginning jumps, spins and other figure skating elements are taught.
- Participants must wear figure skates to class.

Intermediate Power and Edge

- Passed Pre-Preliminary Moves or Free Skate 3
- Emphasis on stroking, edges, power and consistent carriage through turn execution

Advanced Power and Endurance

- Passed Juvenile Moves or Advanced Free Skate
- Refinement of stroking, edges, power, carriage and endurance

Pre-Preliminary through Intermediate Moves in the Field

- Passed Free Skate 2 or have instructor permission
- Introduction to USFS Moves in the Field patterns

Jump & Spin Class

- Passed Free Skate 5
- Emphasis on proper spin and jump technique and positions

Adult Lessons

Adult Beginner

- Introduction to skating for adults with no previous lesson experience or who cannot comfortably skate forward and backward or stop
- Helmets recommended

Adult Intermediate

- For adults who can comfortably skate forward and backward and are able to stop
- Forward and Backward crossovers, 3 turns and mohawks

Adult Advanced

- Introduction to jumps and spins

Adult Dance

- Emphasis on the USFS Dance patterns
- Participants need instructor permission or previous ice dance experience



Skating Lessons

Skating Fundamentals

Cost: \$120

Location: Ice Arena A, 3401 Williston Road

Lesson	Day	Date	Time	Course
Snowplow Sam 1	Tu	Sept. 14–Nov. 16	1–1:30 p.m.	1070101-02
Snowplow Sam 1	S	Sept. 18–Nov. 20	11–11:30 a.m.	1070101-03
Snowplow Sam 1	M	Sept. 13–Nov. 15	5:45–6:15 p.m.	1070101-04
Snowplow Sam 2	Tu	Sept. 14–Nov. 16	1:30–2 p.m.	1070201-02
Snowplow Sam 2	S	Sept. 18–Nov. 20	11–11:30 a.m.	1070201-03
Snowplow Sam 2	M	Sept. 13–Nov. 15	5:45–6:15 p.m.	1070201-04
Snowplow Sam 3	Tu	Sept. 14–Nov. 16	1:30–2 p.m.	1070301-02
Snowplow Sam 3	S	Sept. 18–Nov. 20	11–11:30 a.m.	1070301-03
Snowplow Sam 3	M	Sept. 13–Nov. 15	5:45–6:15 p.m.	1070301-04
Snowplow Sam 4	Tu	Sept. 14–Nov. 16	1:30–2 p.m.	1070401-02
Snowplow Sam 4	S	Sept. 18–Nov. 20	11–11:30 a.m.	1070401-03
Snowplow Sam 4	M	Sept. 13–Nov. 15	5:45–6:15 p.m.	1070401-04

Hockey

Lesson	Day	Date	Time	Course
Hockey 1	M	Sept. 13–Nov. 15	6:45–7:15 p.m.	1070501-01
Hockey 1	Sa	Sept. 18–Nov. 20	11:30 a.m.–noon	1070501-02
Hockey 2	M	Sept. 13–Nov. 15	6:45–7:15 p.m.	1070601-01
Hockey 2	Sa	Sept. 18–Nov. 20	11:30 a.m.–noon	1070601-02
Hockey 3	M	Sept. 13–Nov. 15	6:45–7:15 p.m.	1070701-01
Hockey 3	Sa	Sept. 18–Nov. 20	11:30 a.m.–noon	1070701-02
Hockey 4	M	Sept. 13–Nov. 15	6:45–7:15 p.m.	1070801-01
Hockey 4	Sa	Sept. 18–Nov. 20	11:30 a.m.–noon	1070801-02

Basic Skills

Lesson	Day	Date	Time	Course
Basic 1	M	Sept. 13–Nov. 15	6:15–6:45 p.m.	1070901-01
Basic 1	Sa	Sept. 18–Nov. 20	10:30–11 a.m.	1070901-02
Basic 2	M	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071001-01
Basic 2	Sa	Sept. 18–Nov. 20	10:30–11 a.m.	1071001-02
Basic 3	M	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071101-01
Basic 3	Sa	Sept. 18–Nov. 20	9:45–10:15 a.m.	1071101-02
Basic 4	M	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071201-01
Basic 4	Sa	Sept. 18–Nov. 20	9:45–10:15 a.m.	1071201-02
Basic 5	M	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071301-01
Basic 5	Sa	Sept. 18–Nov. 20	9:45–10:15 a.m.	1071301-02
Basic 6	M	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071401-01
Basic 6	Sa	Sept. 18–Nov. 20	9:45–10:15 a.m.	1071401-02
Pre-Free Skate	W	Sept. 15–Nov. 17	4:45–5:15 p.m.	1071501-01
Pre-Free Skate	Sa	Sept. 18–Nov. 20	9:45–10:15 a.m.	1071501-02

Figure Skating Lessons

Cost: \$120

Location: Ice Arena A, 3401 Williston Road

Lesson	Day	Date	Time	Course
Free Skate 1	W	Sept. 15–Nov. 17	4:45–5:15 p.m.	1071601-01
Free Skate 2	W	Sept. 15–Nov. 17	4:45–5:15 p.m.	1071701-01
Free Skate 3	W	Sept. 15–Nov. 17	5:45–6:15 p.m.	1071801-01
Free Skate 4	W	Sept. 15–Nov. 17	5:45–6:15 p.m.	1071901-01
Free Skate 5	W	Sept. 15–Nov. 17	5:45–6:15 p.m.	1072001-01
Free Skate 6	W	Sept. 15–Nov. 17	5:45–6:15 p.m.	1072101-01
Advanced Free Skate	W	Sept. 15–Nov. 17	4:45–5:15 p.m.	1072201-01
Intermediate Power and Edge	W	Sept. 15–Nov. 17	6:15–6:45 p.m.	1072401-01
Advanced Power and Endurance	Sa	Sept. 18–Nov. 20	Noon–12:30 p.m.	1072501-01
Pre-Prelim through Intermediate Moves	W	Sept. 15–Nov. 17	5:15–5:45 p.m.	1072601-01
Jump and Spin Class	M	Sept. 13–Nov. 15	4:45–5:15 p.m.	1072801-01
Tricks and Twirls	Sa	Sept. 18–Nov. 20	9–9:45 a.m.	1073401-01

Adult Lessons

Cost: \$120

Location: Ice Arena A, 3401 Williston Road

Lesson	Day	Date	Time	Course
Adult Beginner	W	Sept. 15–Nov. 17	7–7:30 p.m.	1072901-02
Adult Beginner	Sa	Sept. 18–Nov. 20	8:30–9 a.m.	1072901-03
Adult Intermediate	W	Sept. 15–Nov. 17	7–7:30 p.m.	1073001-02
Adult Intermediate	Sa	Sept. 18–Nov. 20	8:30–9 a.m.	1073001-03
Adult Advanced	W	Sept. 15–Nov. 17	7–7:30 p.m.	1073101-02
Adult Advanced	Sa	Sept. 18–Nov. 20	8:30–9 a.m.	1073101-03
Adult Dance	W	Sept. 15–Nov. 17	7:30–8 p.m.	1073301-01

AMENITIES • FACILITIES • PARKS

Minnetonka Community Center

14600 Minnetonka Blvd.
952-939-8390

minnetonkamn.gov/community-center

The Minnetonka Community Center is available to residents and local organizations for a variety of meeting and banquet needs.

Meeting facilities

Meeting spaces are available for groups of up to 120 people and can be reserved by Minnetonka residents up to one year in advance.

Banquet facilities

Accommodates up to 250 people. Minnetonka residents can make reservations 18 months in advance for special events, receptions and private parties.

Glen Lake Activity Center

14350 Excelsior Blvd.
952-939-8390

minnetonkamn.gov/glenlakeactivitycenter

The Glen Lake Activity Center has meeting rooms, restrooms, a police sub-station and Hennepin County Ambulance office.

Meeting space

Space is available for groups of up to 60 people and can be reserved by Minnetonka residents up to one year in advance.

The Lindbergh Center

2400 Lindbergh Drive
952-988-4519

hopkinsschools.org/lindberghcenter

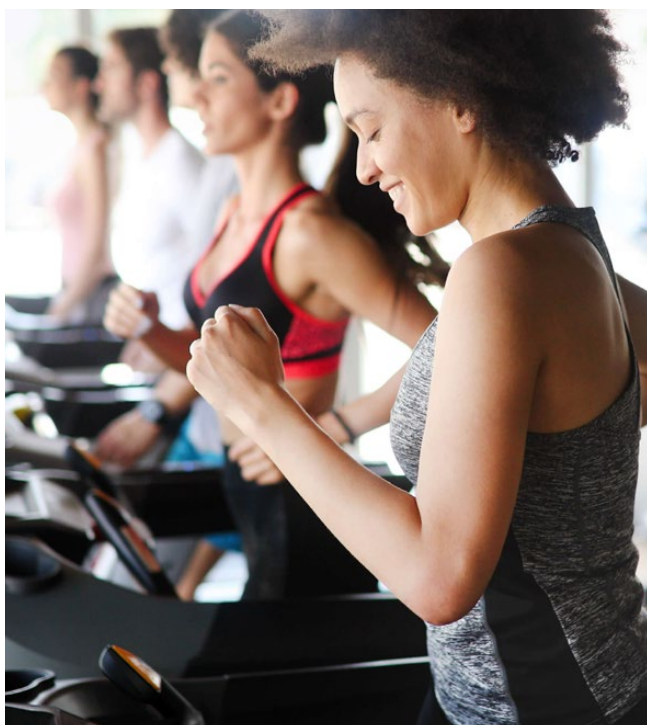
The Lindbergh Center is jointly owned and operated by the City of Minnetonka and the Hopkins School District. The facility is connected to Hopkins High School.

Amenities:

- Five regulation basketball courts, two of which include adjustable height baskets for all levels of play
- Seven regulation volleyball courts
- 300-meter walking/jogging track
- Exercise and conditioning room with weight machines, free weights and cardiovascular equipment
- Additional amenities available for track, baseball, softball, wrestling, aerobics, badminton and golf

The Hopkins School District utilizes the Lindbergh Center for all district-related activities, including athletics, physical education, graduation, music concerts and special events. Hopkins High School Varsity girls and boys basketball home games are hosted in the facility with 2,800 spectator seats available.

Designated hours for community use of the facility's 3,800-square-foot exercise and conditioning area provide residents fitness opportunities.



Lindbergh Center Patron Cards

Basic Use: Use of walking/jogging track, open gym and community locker areas

Complete Use: Use of fitness center and weight room in addition to amenities available in the Basic Use card

Purchase cards through Hopkins Community Education or the Lindbergh Center. Cards are valid for one year from the date of purchase.

For membership or open gym information, please call 952-988-4519.

Lindbergh Center Basketball Open Gym

For local adults and youth to play in a pickup game of basketball or just shoot some hoops.

Open gym is free for youth and \$5 for adults, unless you are a member of the Lindbergh Center. Participants must bring their own basketball.

Visit hopkinsschools.org/lindberghcenter or call the Lindbergh Center at 952-988-4519 for the open gym schedule and operating hours.

Hopkins Pavilion

11000 Excelsior Blvd., Hopkins

952-548-6390

hopkinspavilion.com

Come see what the Pavilion has to offer.

Ice Season: Sept. 7, 2021- Feb. 26, 2022

Ice Rental

Check our website for availability.

Public Skate

The Hopkins Pavilion is the perfect place for open skate, pick-up hockey, stick handling practice and figure skating.

- Pucks and Sticks Allowed, Monday-Friday:
 - 11:30 a.m.-12:30 p.m. (Adults only)
 - 12:30 p.m.-1:30 p.m. (All ages).
- No Pucks and Sticks Allowed:
 - Sundays starting Oct. 3
 - 1 p.m.-2:30 p.m. (All ages)

Learn to drive the Zamboni!

Learn to make a sheet of ice from start to finish, or simply take a joy ride! Call 952-548-6390 to schedule your time on the Zamboni!

Room Rentals

The Pavilion has multiple rooms available to rent for your public or private event. Please visit our website for more information.



Hopkins Youth Hockey (HYHA)

Is your child excited to play hockey? Visit hopkinshockey.com for more information.

FACILITIES AND PARKS

Minnetonka Parks

See map on page 72.

- 2** Big Willow
11522 Minnetonka Blvd.
- 3** Boulder Creek
5948 Stoneybrook Dr.
- 33** Civic Center
14600 Minnetonka Blvd.
- 7** Covington
18920 Manchester St.
- 47** Glen Lake
5240 Glenview Dr.
- 25** Glen Moor
5700 W. Glen Moor Rd.
- 15** Gro Tonka
17003 Prospect Pl.
- 48** Guilliams Field
12101 Minnetonka Blvd.
- 22** Jidana
3333 Jidana Ln.
- 23** Junction
12305 Excelsior Blvd.
- 26** Libbs Lake
16515 Park Ln.
- 27** Linner
2022 Linner Rd.
- 28** Lone Lake
5624 Shady Oak Rd.
- 49** Mayflower
2835 Mayflower Ave.
- 29** McKenzie
14950 McKenzie Blvd.
- 30** Meadow
2725 Oakland Rd.
- 37** Oberlin
11597 Oberlin Rd.

- 50** Purgatory
17315 Excelsior Blvd.
- 40** Shady Oak
5200 Shady Oak Rd.
- 41** Spring Hill
16714 Seymour Dr.
- 45** Wilson
4230 Victoria St.
- 46** Woodgate
5090 Highland Rd.

Hopkins Parks

See map on page 72.

- 4** Burnes
301 2nd St. N.
- 5** Central
101 16th Ave. S.
- 58** Cottageville
439 Blake Rd. N.
- 8** Downtown
40 9th Ave. S.
- 16** Harley Hopkins
108 Jackson Ave. S.
- 21** Interlachen
230 Homedale Rd.
- 51** Maetzold Field
1215 1st St. N.
- 36** Oakes
900 Lake St. N.E.
- 56** Overpass Skate Park
100 Washington Ave. S.
- 43** Valley
700 8th St. S.

Minnetonka Facilities

See map on page 72.

- 59** Burwell House
13209 E. McGinty Road
- 39** Family Gardens-Kelly Park
17500 Excelsior Blvd.
- 12** Glen Lake Activity Center
14350 Excelsior Blvd.
- 12** Glen Lake Skate Plaza
14350 Excelsior Blvd.
- 14** Glen Lake School Warming House/Tennis Courts
13850 Bellevue Dr.
- 57** Gray's Bay Marina
2831 County Rd. 101
- 34** Arts Center on 7
18301 Highway 7
- 19** Lindbergh Center
2400 Lindbergh Dr.
- 33** Minnetonka Ice Arena
3401 Williston Rd.
- 33** Minnetonka City Hall
14600 Minnetonka Blvd.
- 33** Minnetonka Community Center
14600 Minnetonka Blvd.
- 52** Williston Fitness Center
14509 Minnetonka Dr.

Hopkins Facilities

See map on page 72.

- 55** Depot Coffee House
9451 Excelsior Blvd.
- 43** Family Gardens - Valley Park
801 7th Ave. S.
- 20** Hopkins Pavilion Ice Arena
11000 Excelsior Blvd.
- 18** Hopkins Activity Center (Seniors)
33 14th Ave. N.
- 10** Hopkins Center for the Arts
1111 Mainstreet
- 17** Hopkins City Hall
1010 1st St. S.

Minnetonka School District

See map on page 72.

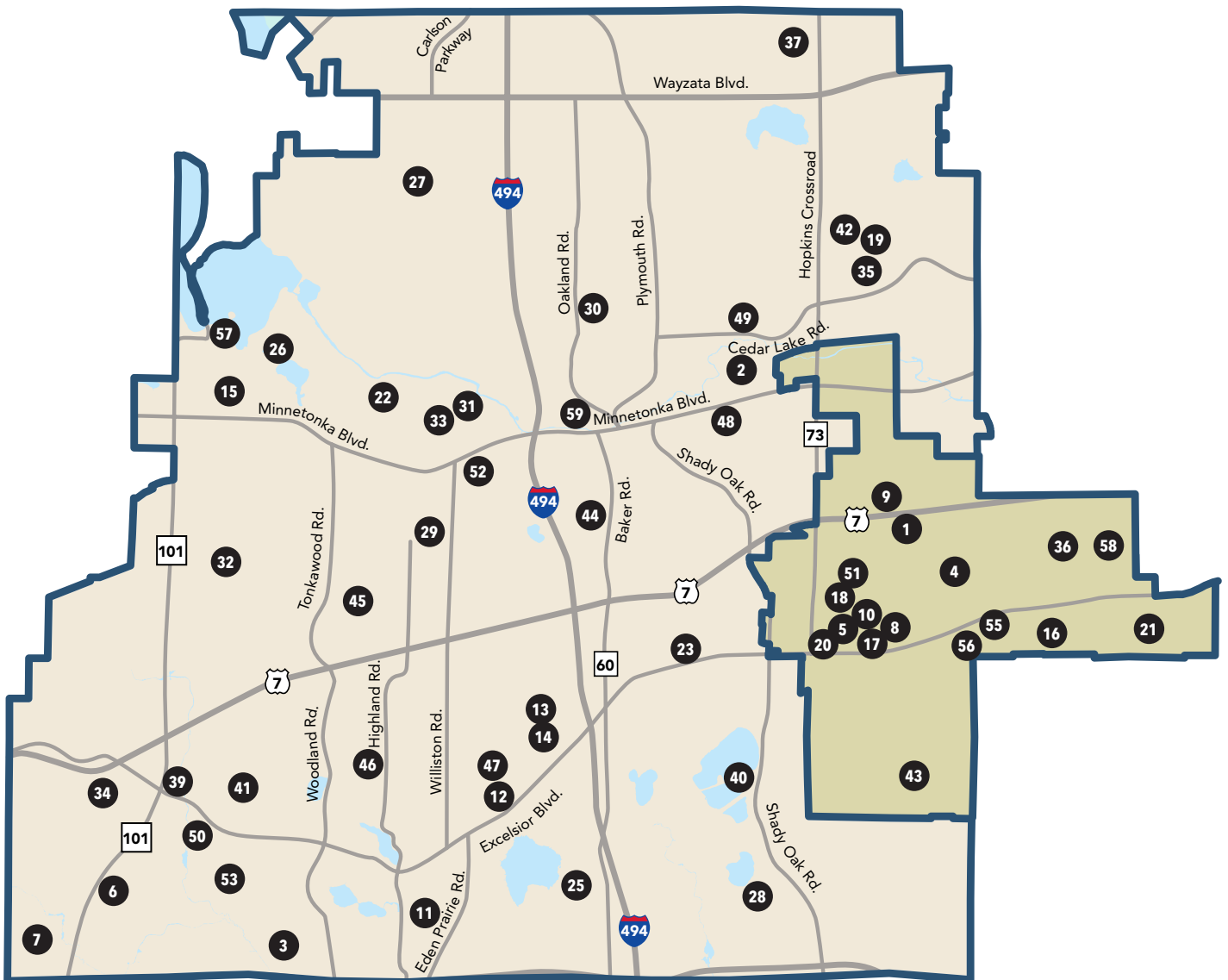
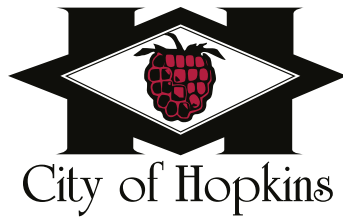
- 6** Clear Spring Elementary
5701 Highway 101
- 34** Minnetonka High School
18301 Highway 7
- 32** Minnetonka Middle School East
17000 Lake St. Ext.
- 53** Scenic Heights Elementary
5650 Scenic Heights Dr.

Hopkins School District

See map on page 72.

- 1** Alice Smith Elementary
801 Minnetonka Mills Rd.
- 9** Eisenhower Elementary
1001 State Highway 7
- 11** Gatewood Elementary
14900 Gatewood Dr.
- 13** Glen Lake Elementary
4801 Woodridge Rd.
- 16** Harley Hopkins
125 Monroe Ave. S.
- 44** Hopkins West Jr. High
3830 Baker Rd.
- 35** Hopkins North Jr. High
10700 Cedar Lake Rd.
- 19** Hopkins High School
2400 Lindbergh Dr.
- 42** Tanglen Elementary
10901 Hillside Ln.

FACILITIES AND PARKS



minnetonkamn.gov/register